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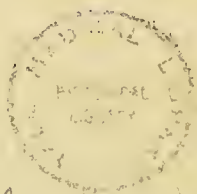
THE
YOUNG MOTHER'S
ASSISTANT;
OR A
PRACTICAL GUIDE
FOR THE
PREVENTION AND TREATMENT OF THE DISEASES
OF
INFANTS AND CHILDREN.

BY
SIR ARTHUR CLARKE, M. D.
Member of the Royal College of Surgeons, London ;
Surgeon and Agent to his Majesty's Sick and Wounded Seamen
and Marines at Dublin ; Physician to the Asylum
for the Recovery of Health, and Author of
Essays on Bathing, on Diseases of the Skin, &c.

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DEDICATION.

To those tender and affectionate **MOTHERS**, whose happiness is involved in that of their children, whose time is devoted to their health, welfare, and education, and who forego the pleasures and allurements of society for the cares of domestic life:—to such Mothers, the most interesting and valuable part of the community, I address the following observations on the diseases incidental to infancy and childhood. Fully sensible of the difficulty of the task I have undertaken,

I am also alive to its importance ; and, however imperfect may be the execution, I am cheered by the reflection that I have endeavoured to be useful in a quarter, where, perhaps more than any other, are centred the dearest interests of society.

PREFACE.

INFANCY and Childhood, are states in which the most skilful Physician will often find it difficult to employ, with effect, the various remedies necessary for the cure of disease. The objects of their solicitude are then, by nature, so delicate, and the sources of the numerous complaints peculiar to these periods of life, so obscure, that more than ordinary attention and experience is requisite in enabling the Practitioner to decide upon the course he should pursue. The preliminary

information which should, in a great measure, soften or remove the difficulty, might often most effectually be obtained by Mothers, if properly directed in their observations. From the peculiar circumstances in which they are placed with respect to their children, they possess advantages which may, at least, render them competent to afford the most useful hints to the Physician. It is of the first importance, therefore, that Mothers should be acquainted with the probable causes of Sickness and Mortality in their Children. The *prevention* of Disease is an object peculiarly deserving their attention ; and often more in the scope of their power, than the cure in that of the most skilful professional advice.

There are few Mothers who are not competent to assume the office of Physician to their own offspring, in a variety of cases ; and especially in all those rapid fluctuations of health, so peculiar to Infancy and Childhood. Were it for no other purpose, than to enable them to counteract the foolish and mischievous nostrums of ignorant nurses, which bring thousands to an early grave, this consideration, alone, should render the proposed inquiry worthy their serious attention.

In the Art of Medicine, the first and leading consideration should be, how we can best assist Nature in her operations ; at least, we should be careful that we do not counteract her. If this

be important in the case of Adults, how much more so is it in that of Infants—when, from the peculiar delicacy of their frame, neglect must be more dangerous, and mismanagement more fatal ! The timely application of the simplest remedies, or even the increasing care and solicitude of an intelligent and anxious Mother, may, in the incipient state of disease, be often sufficient to countervail its acceleration, or strip it of its malignity. In offices so peculiarly parental, the Mother is, not only by nature and custom, but from the opportunities she possesses, best qualified for the task. Were any other inducement necessary, it will be found in the interest which she, above all others, must have in the success of

her skill. And who can contemplate the situation of an anxious Mother, bending over the cradle with watchful eye and aching heart—keeping vigil over her sick and suffering Babe;—and not wish her endowed with that knowledge, which might, perhaps, have redeemed the little sufferer—or, at least, have rendered its situation less critical, and the work of the Physician less uncertain?

In most populous towns and cities, it has been ascertained, that nearly one half of the children who come into the world, go out of it before they have arrived at their fifth year. Can we suppose it a part of the dispensation of an ill-wise Creator, that such mortality,

confined as it is to the young of the human species, should be beyond prevention or alleviation? Shall we not rather ask, What is the cause?—and are there no means by which its calamitous progress may be arrested? The important results which have flowed from the discoveries of the immortal JENNER, would justify us in hoping—that more may yet be done for the preservation of our species, at the time of life, when, as it is most susceptible of injury, it is most incumbent on us to be prompt in our remedies, and judicious in their selection; and Mothers may be assured, that, as on them devolves the natural charge of their offspring during the period of infancy (momentous and interesting as it cer-

tainly is), so they have it more immediately in their power to lessen the casualties to which it is incident, than they are aware of. The Mother is at hand to administer relief, when it will almost invariably be operative ; whereas, it too often remains to the Physician to lament that his assistance is demanded, when it is, perhaps, ineffectual.

Whatever, then, concerns the preservation of the human species, in the early and most critical periods of existence, cannot be too generally known. In situations remote from Medical Advice, and where the consequent delay is often sufficient to render every exer-

tion abortive, it is an object of paramount importance, to diffuse a knowledge of the simple, and often efficacious means, which may alleviate the infant's sufferings, and stay the progress of disease, until advice can be procured.

For reasons that must be obvious to every one, I have been solicitous to use the most simple language, divested, as far as possible, of technical and scientific phraseology.

Should I be the happy means of rescuing one hapless Infant from an untimely grave ; or of relieving the anxious bosom of one affectionate pa-

rent from a pang, which parents alone can feel—my labour, however humble, will not have been in vain.

A. CLARKE.

*North Great George's Street,
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THE YOUNG MOTHER'S ASSISTANT.

CHAP. I.

PERIODS OF INFANCY AND CHILDHOOD.

INFANCY is that period of life which intervenes between birth and the time when a child is enabled to express its wants by speech. From this period to the age of puberty, is termed childhood. The former is the most critical period of human existence; the latter is naturally the most healthy.

In infancy, the foundation of a good or a bad constitution is generally laid;

one half of the human race, however, die before either is established.

The diseases of infants and children, (excepting such as are contagious or epidemic) may, in general, be referred to the mismanagement of those who have the care of them.

Healthy women will naturally bring forth healthy children, unless they are inattentive to themselves during their pregnancy; the vigour, therefore, of the constitution of children, will, in a great measure, depend upon that of their mothers.

The body of an infant in perfect health is uniformly rounded in all its parts; no angles are observable; its motions are easy, natural, and graceful; its flesh firm, and its skin soft, smooth, and elastic, and of a rosy colour. The eyes are clear and bright, and rarely fixed upon any object, until

directed by habit. The breathing, quick but regular; the warmth of the body natural; the pulse from 100 to 120 beats in the minute: the bowels open twice, three times, and frequently oftener, in the twenty-four hours. It rarely cries unless from neglect of the nurse, or inattention to its wants. These are the ordinary indications of health in an infant.

The first sensations of infants are necessarily those of mere pleasure and pain; when of the former, they enjoy them in silence; when of the latter, they express them in their own language, and demand relief. This language of infants, though not consisting of articulate sounds, is perfectly intelligible to an attentive nurse or mother, and to the observing and experienced physician.

From the birth of an infant until it becomes acquainted with those who

have the care of it, it seldom cries but from painful sensations, uneasiness or hunger. To trace therefore the cause of its tears, should be an object of the strictest inquiry with the mother or attendant, as they will be found to arise from some positive want or inconvenience. In vain shall we endeavour by intimidation or coercion to suppress this language of nature : so long as the cause remains, so long will its cries continue, until exhausted by pain or muscular exertion, it sinks into an uneasy and deceptive slumber. Dispositions in children undoubtedly differ, and are often the fretful source of irritation, but the parent who finds her infant disposed to cry on all occasions, or often unappeaseable, should suspect either the nurse, or some constitutional delicacy in herself, of being the immediate or remote cause of such uneasiness.

When an infant comes into the world, after passing from a warm fluid of the temperature of 98 degrees in which it had been enveloped, during the progress of its bodily conformation until its birth, it is suddenly exposed to a much lower temperature, and to a variety of external impressions, and in a short time to all those accidental attacks to which infancy and childhood are invariably subject.

From the sudden change of temperature to which the infant is thus immediately exposed, it cannot be too soon immersed in warm water, and after having been washed and examined, with a view to discover any accidental injury or natural imperfection, it should be rapidly dried and loosely dressed in warm clothing; the formation of its members, and particularly that of the head, being left wholly to nature.

Some midwives pretend, that in moulding the heads of new-born infants, they give them a more suitable and healthy form ; unfortunately such ignorant pretenders but too often gain credit. Should, however, the pressure be transient, no change in the primitive form of the brain will probably take place ; but if violent, an alteration in its organization may follow ; **THUS, EITHER A TEMPORARY DERANGEMENT OR A FATAL INJURY MAY BE SUSTAINED.** If a less violent, but *permanent compression* be employed, it may eventually change the natural form of the brain, and if such children do not finally become *idiots*, there is great danger that their intellectual faculties may be seriously and permanently injured.

Sometimes the head of an infant may be partially compressed in consequence of a tedious and difficult birth ; against

such casualties, nature has been sufficiently provident in the preservation of the brain, by inclosing it in a cavity composed of flexible and elastic bones, in the form of an arch, which form presents the most effectual resistance; and if left to nature, in a few days, perhaps in a few hours, any tumour, preternatural formation, or local derangement, may disappear.

Among the many absurdities which custom appears in a great measure to have established, but which common sense must ever reject, is that of dosing the tender and helpless babe with medicine, almost immediately on its being ushered into the world. It is usual after dressing the infant to give it castor oil, or syrup of violets with oil of almonds, or other drugs: this practice is resorted to under the presumptuous idea that it is necessary to urge into action the stomach and bowels. Strange!

that we should evince such a distrust of nature, and presume to force her in those operations where human aid is so peculiarly unavailing. It is of importance to know that at this early stage of infancy, drugs are wholly unnecessary, and often worse than useless ; the first milk* of the mother, or a little thin gruel, with a small quantity of soft sugar being all that is necessary to promote the necessary evacuations. For this purpose, the infant should be applied to the breast as soon as the secretory glands furnish the necessary supply, or a disposition to receive it appears on the part of the infant, and which usually takes place in ten or twelve hours after birth. This will cause the milk to be sooner and

* The first milk is purgative and useful in removing the meconium, the retention of which might prove fatal.

more easily supplied, and more certainly prevent *puerperal fever* and inflammation of the breasts.

It is disputed whether it may not be a matter of indifference that the infant be nourished by the milk of its own mother, or by that of some other female. It is not necessary here to discuss this point; it is obvious, however, that an infant suckled by a *healthy young nurse* must receive better nourishment than it would from a delicate or *unhealthy mother*.

The health of women while suckling their infants, is in general better than at any other period of their lives; their appetite is good, their sleep sound and refreshing, their spirits free and their temper cheerful. Should the mother fail in any of those respects, suckling will not be beneficial either to herself or to her infant.

During the first month, the infant should, if possible, receive its nourishment from its mother's breast: it is not only beneficial to the infant, by the opening quality of the early milk, but the mother is herself much relieved by its discharge. If, however, from peculiar circumstances the mother cannot undertake the nursing of her own infant, it should be consigned to a healthy young woman whose milk is nearly of the *same age* as that of the mother. This is an important consideration, in as much as the peculiar qualities of the *early* milk, are by nature better adapted to the health and bodily functions of the infant. On this subject we see how bountiful nature has been in the provision it has made for meeting those wants, and change of circumstances, which succeed each other in the progress of animal life: the ex-

amination of the peculiar properties of the milk of the mother will further suggest some useful and important considerations.

CHAP. II.

PROPERTIES OF THE MILK.

MILK is a fluid formed by nature for the food of infants, and peculiarly adapted for that period of life, when the powers of digestion are weak, but when the bodily growth, being comparatively quicker than at a more advanced stage, requires a larger proportion of nourishment. Upon being left at rest in a moderate degree of heat, it separates into two distinct parts; the upper part consisting of an expressed oil, called *cream*, the under part of a solution of a coagulable or curdy matter, and which is found to contain a portion of sugar and water.

Milk may then be said to consist of

four component parts, viz. an expressed oil, a coagulate matter, sugar, and water.

From this analysis it would appear, that it was not intended we should live on *simple* substances. That sugar yields nourishment, is evident from the well-known fact, that men often live exclusively on figs and raisins, which contain scarcely any other ingredient.*

* It is a matter of notoriety, that the negroes in the sugar Islands in the West Indies, become extremely lusty in the sugar cane season, when they live on scarcely any thing else than sugar. Horses and cattle which are allowed to feed upon the canes become fat and their coats remarkably fine. Birds who feed on fruit, never eat it until it becomes ripe, when it has formed the greatest quantity of sugar. Insects do the same. A strong instance of the nourishment contained in sugar, appears in the case of the bee; honey is composed of sugar with the juice of flowers, and a small portion of essential oil, but sugar is the principal ingredient. When we consider that a swarm of bees will live an entire winter on a few

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That expressed oil also contains nourishment, appears from the circumstance, that many species of animals live entirely on nuts of various sorts; and the myriads, which live on water alone, are sufficiently demonstrative of the nourishing quality of this liquid.

These ingredients are combined in such proportions in the milk, that they are more nutritious, and more easy of digestion than any one of them would be if taken separately. The coagulable matter is not penetrable by the juices of the stomach; the expressed oil renders it soluble; and the sugar counteracts its tendency to putrefaction.* The

pounds of honey, support an uniform heat at the temperature of 98 degrees, and the action of the animal economy commensurate to that heat; it must be evident that sugar contains, perhaps, more real nourishment, than any other substance.

* The coagulable matter is the animalizing ingredient in milk, and, like all animal substances,

expressed oil of milk if taken into the stomach of an infant, disunited from the coagulable matter, would occasion sickness; and the sugar, being perfectly soluble in water, would pass through the stomach and bowels before any nourishment could be extracted from it, were it not detained by the coagulable matter.

The relative proportions of these ingredients are not only found to vary in the milk of different women, but also in the milk of the same women at different periods; the properties of the milk undergoing an alteration according to the age of the infant. At first, when the organs of digestion are weak, the milk contains a larger porportion of sugar and less of coagulable matter than at more advanced periods. As

is liable to the putrefactive fermentation which the sugar counteracts.

the digestive powers increase, the proportion of coagulable matter is also found to increase, until by degrees it acquires a consistence and furnishes a more solid aliment; when, after a certain interval, the milk becomes unsuited to the purposes of food and nourishment.

From these facts, it must appear evident, that what is termed the *milk of all ages*, is not adapted to the nourishment of infants: it very rarely however happens, that the milk of a mother is not proper for the nourishment of her infant: the mother should therefore suckle it herself, unless prevented by delicacy of constitution, or other accidental circumstances.

It should here be observed that there are three cases in which the mother's milk may not be suitable nourishment for her infant. *First*, when it contains so large a quantity of saline matter as

to affect the infant's bowels. *Secondly*, when there happens to be too large a secretion from the glands of the nipples, and which will give to the milk a broken and yellow appearance, causing it to disagree with the stomach of the infant: and, *Thirdly*, when in very irritable habits, the milk is apt to become sour, and to disagree with both the stomach and bowels.

The milk of a woman contains a larger proportion of sugar, and a smaller one of oil and coagulable matter, than that of any other animal. The milk of mares and asses comes next in these proportions to human milk.—Cow's milk contains more coagulable matter and oil, and less sugar, than that of a woman, while that of goats and sheep is still less nutritious than that of cows.

The milk of a nurse who lives upon a *mixed* diet of animal and vegetable

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food, does not turn sour, or curdle spontaneously on being exposed to a high temperature for any length of time, but will evaporate. It does not coagulate or curdle, if mixed or even boiled with vinegar, lemon-juice, cream of tartar, or any *vegetable* acid ;* but is coagulated by common salt, nitre, or any substance containing a *mineral* acid, and by the gastric juice of the stomach.† On the other hand, the

* The reason appears to be that the creamo-
raceous parts are held more firmly together in
solution by means of the sugar in human milk,
than in the milk of animals, and are separated
with more difficulty ; hence sourness is prevented,
and it is a well known fact, that if sugar be mix-
ed with cow's milk it will impede its producing
butter.

† Mothers sometimes apprehend danger from
the circumstance of the infant's throwing up the
curdled milk of the nurse. This is an idle appre-
hension, as it is well known that milk always
curdles in the stomach, and thus becomes an

milk of a nurse who lives upon *vegetable* food *alone*, easily and of itself acesces or turns sour, and like the milk of cows and other animals, is acted upon by all vegetable acids.

It is evident, therefore, that the milk of a woman is liable to be affected by the description of food on which she lives, or by the use of medicine. Thus if a nurse eat garlic, her milk will become highly impregnated with its odour, and consequently disagreeable. If she indulge too freely in the use of wine or porter, the infant will become sick. If a nurse take jalap, or any other opening medicine, the infant will be purged ; and such as are affected with gripes or pains in the bowels, are often

aliment, solid and suitable for the nourishment of the human frame. This throwing up of the curdled milk is but the effort of nature to relieve the infant from a repletion which would otherwise be injurious.

cured by giving the nurse a larger proportion of animal food.

The milk of a suckling woman may also be altered by the affections of the mind, as anger, fear, grief, or anxiety. This will suggest to mothers the necessity of care in the selection of a nurse; a good temper, and an even mind, being circumstances which demand the first attention. There have been frequent instances of infants seized with convulsions, in consequence of sucking women while under the influence of anger, or other violent excitement of the passions. I knew an instance, of an infant, while sucking milk from an enraged nurse, on a sudden to be seized with a fatal hæmorrhage, and die; and if nurses be habitually affected by fear, or grief, their infants will probably in a very short time pine away and lose their health.

From the preceding facts and obser-

vations it must be obvious that an infant newly born should have a nurse newly delivered, and that a good disposition in a nurse is almost as essential as a good constitution.

It is requisite that a nurse should live a little better than ordinary, and take more substantial nourishment, but not that she should alter her regimen entirely. A sudden and material change, even though from a bad to a good regimen, is always dangerous; and if her ordinary manner of living preserve her health and constitution, she should not be induced to alter it. Country women generally eat less animal, and more vegetable food, than those who usually live in cities; a regimen which is rather favourable than otherwise, both to themselves and to the infants they suckle.

When women are brought from the country to wetnurse, they are frequent-

ly obliged to vary their diet from the received idea that meat soups and broths yield better nourishment and a greater supply of milk. From the experience I have had, I am by no means induced to yield to this opinion; on the contrary, I have always found that in such cases the infants are more subject to worms and other complaints.

An infant should be early accustomed to feeding, as it will thereby suffer less inconvenience on being weaned. It should be fed twice or three times a day, and if not suckled during the night, it may require feeding once or twice during that period. It may be satisfactory to mothers to know, that suckling in the night may be dispensed with.

If an infant be brought to feed regularly at stated periods, it will soon give little trouble, and may safely be weaned at seven months. It should

seldom be suckled more than ten. The period of weaning, however, must be regulated by the health of the mother, and the strength of the infant, as some will bear to be weaned earlier, while others may be kept at the breast an entire year ; but they should never be taken from it, if possible, before the end of the fourth month.

Should an infant, from accidental or other circumstances, be deprived of its food from the breast of its mother or nurse, an artificial substitute for it must be supplied ; and it is evident that in this case the closer we can imitate nature the better. For this purpose a suckling bottle should be procured, the mouth of which should be as wide as that of an eight-ounce viol, which is to be stopped with sponge, covered with gauze, and made in size and shape to resemble a nipple.

The following preparation is most

suitable for an infant, as it comes nearest in quality to the mother's milk, and may be sucked through the sponge.

On a small quantity of the crum of bread pour some boiling water; after soaking for about ten minutes, press it, and throw the water away, (this process purifies the bread from alum or any other saline substance which it may have contained); then boil it in as much soft water as will dissolve the bread and make a decoction of the consistence of barley water: to a sufficient quantity of this decoction, about a fifth part of fresh cow's milk is to be added, and sweetened with the best soft sugar.

After each feeding, the bottle and sponge should be carefully rinsed with warm water.

As the infant advances in growth, the proportion of milk is to be in-

creased, and that of the sugar lessened, until the stomach is able to digest simple bread and milk, Indian arrow root, &c. In this way some of the finest children I have ever beheld have been reared.

As the child grows up it will require food of a more solid nature and of a greater variety. Broths and soups are not so nutritious as the solid animal food, as they do not remain so long in the stomach.

An experiment was made by the late Doctor Fordyce, in the feeding of two dogs ; one upon solid animal food, the other upon broth made from an equal weight of the same food. The first grew healthy and fat, the latter became emaciated and would soon have died had the experiment been continued.

Although the juices contributing to our nourishment, are all liquids ob-

tained from solids, yet it is necessary that they should be taken internally in a more solid form. A labouring man who would live on broths alone, would soon become emaciated and lose his strength; he would be supported much better on milk, as from the circumstance of its curdling, it would thus acquire that degree of solidity which is essential towards supporting the functions of the stomach.

It is also better to employ a variety of food than to live exclusively upon any one species: the only danger, is the temptation it presents of taking too large a quantity, which children are in general disposed to do; and it is to be lamented that parents and nurses are too often accessory to this mischievous result. An accumulation of food in the stomach and bowels, like food of difficult digestion, often

occasions worms, diarrhœas, diseases of the skin, convulsions, inflammation of the brain, inflammation of the bowels, and even death. Thus the stomach becomes the medium, through which as many diseases may be generated in childhood, as in the more advanced periods of life.

In order to strengthen and assist the body in its growth, nature employs a variety of means which we should be cautious not to counteract.

Exercise, that great source of bodily health, is more requisite in childhood than at a more advanced period. The perpetual motion in children, which carries the appearance even of restlessness, is but the natural effect of the activity of their constitution.

The moderate exertion of the powers of the body, in proportion to the child's strength, tends to strengthen the constitution, as the exertion of the mental

powers will strengthen its intellectual faculties.

It is of the utmost importance, therefore, that whatever is destined to increase and acquire strength, should receive a corresponding portion of exercise. If the bodily functions require this invigorating influence, so will those of the mind; and let not parents imagine that repose will aid either the one or the other. Action is the very essence of life and health, it is equally essential to the mental as to the corporeal powers.

Exertion of any one part of the body, gives strength to that particular part:—for instance, the arms of a blacksmith are stronger than his legs; while the legs of a dancing master are stronger than his arms. This is more observable in the human species, than in any other class of animals, and arises from the circumstance of there

being a more immediate influence and reciprocity between the mental and bodily functions in the former, than in the latter.

In childhood, a greater proportion of sleep is requisite than at any other period of life : for, as their muscular exertions are, at that age, more frequent and various, in proportion to their strength, and as the muscles derive their energy from the brain and nerves, it is obvious that repose is necessary to meet the previous exhaustion. Children, therefore, at the close of the day, suddenly sink into langour, inactivity, and rest. Sleep restores both mind and body to their wonted powers of action.

Pure air is essential to the health and existence of every living creature ; in childhood it is peculiarly requisite ; it braces and invigorates the tender frame of children, while bad air produces relaxation, sickness, and debility.

It is of the utmost importance, then, that this stream of life should not only be pure, but supplied in that unrestrained abundance which nature every where contemplated. There is nothing so injurious to children, as crowded or ill-ventilated apartments. Inhaling such noxious and mephitic air is more fatal to children than to adults, inasmuch as the lungs are of a more delicate texture, the inspirations more frequent, and the animal economy more liable to derangement. Ventilation, therefore, is a primary object in preserving the health of children; without it, the animal economy is deranged and the whole system, mental and bodily, labours under an evident depression. Breathing the air already saturated with the noxious matter emitted from the lungs of others, is often the cause of convulsions, and lays the foundation for many serious complaints.

Immersing infants and children dai-

ly in *warm* water, is conducive in the highest degree to their growth and bodily strength; whereas, the unnatural practice of plunging them into *cold* water, under the erroneous idea of strengthening the constitution, occasions more diseases and greater mortality, than all the epidemic or contagious distempers to which they are subject; and is often the remote cause of most of the diseases with which they are in more advanced life afflicted.*

It is a common observation that children who are brought up *hardily*, (that is, thinly clad, and exposed to all the vicissitudes of the weather,) have generally the best constitutions, and finally become the strongest men. Doubtless, many children who are so

* GALEN, who flourished in the second century, describes immersion in cold water, as a practice fit only for the young of lions and bears.

exposed, or who are daily bathed in cold water, are often among the strongest; and if from constitutional strength they are enabled to bear up against this unnatural and uncertain experiment, they are likely to be less susceptible of injuries from any subsequent neglect; this much, however, is asserted with confidence, that not one in ten of such children are free from diseases of some kind or other; while those who are kept warm, guarded against the sudden impressions of cold and receive those attentions which nature so unequivocally demands, are generally healthy.* Under the mistaken idea then of endeavouring to make children what is called hardy,

* The Scottish highland peasantry are remarkably hardy. But the mothers of very large families seldom succeed in rearing above two or three children.

many of them are sacrificed or subjected to disorders, with which probably they might never have been affected ; such as glandular swellings, commonly called kernels in the neck, and which often terminate in scrofula, colds, and coughs, often ending in affections of the lungs, and frequently terminating in consumption. Thus by an attempt to dictate to nature, in the care of the constitution, rather than leaving her free to urge her own means, and lay the foundation of health and strength in her own way, we lay the ground-work of future evils. The northern regions are assuredly less favourable to animal life, than those which approach nearer to the equator. Monkies die almost uniformly of pulmonary consumption when brought into our climates, and the number of human beings cut off by this disease forms a terrible proportion of the mor-

talities of the whole population of these countries. Surely then to aggravate the impressions of cold by needless exposure at that period of life, when the demand for heat in the economy is the greatest, is the height of folly and absurdity.

CHAP. III.

VITAL ORGANS OF INFANTS.

As there are certain peculiarities in the bodily conformation of an infant, which occasion a predisposition to disease, or partial derangement of the system, it will be necessary that they be strictly attended to.

At the time of birth and during the period of infancy, the heart and arteries are larger in proportion to the body, and the circulation of *red* or *arterial blood* more copious and vigorous, than at any other period of life. The florid hue of childhood is strongly contrasted with the livid complexion and *venous* turgency of *age*, when the arteries are

weaker, and the circulation of *black blood* evidently preponderates.

This admirable provision of nature for the prodigious demands of the young animal machine advancing to perfection, is however productive, under accidental excitement, of effects which require the hand of skill to regulate or restrain; and wherever the strongest action exists, and most blood is received, there will mischief be most readily effected.

Now the brain is at this very period larger than most other organs, and for obvious reasons; the mind is thus prepared at an early age, for the reception of ideas, and the moral education of youth is far advanced, at a time, when, if the development of the brain was more gradual, it could hardly have commenced. Besides, there are other objects to be promoted in the head: the ossification of the skull goes on

rapidly from the time of birth, which with the formation of the teeth, require a very abundant supply.

In the abdomen we find the liver, at birth, to have attained a size immense in proportion to its bulk at any subsequent period, except under the influence of disease. Thus these two great organs, the brain and liver, are, from their very perfection, more liable to accumulations; and in all diseases attended with fever, as small-pox, measles, scarlatina, irritation from teething or worms, are exposed to inflammatory action which may terminate in convulsions, water on the brain, general dropsy, or jaundice.

BÆRRHAAVE says, that the diseases of children should be ranked for the most part in the class of convulsions, because their heads, being proportionably larger, and the nervous system more extended than in adults, their

nerves are more susceptible of irritation.*

* This observation is liable to misconstruction. The general irritability of infants subjects them to be more easily and more extensively affected by slighter causes of annoyance, but there is nothing peculiar in the diseases themselves, except that they are proportionately more violent. Convulsion is an accidental symptom adding to the danger of maladies and marking the activity of the fibre and the greater determination of blood to the head: but the causes and cure of the diseases of infancy are not changed by this circumstance.

CHAP. IV.

DISEASES OF THE SKIN OF INFANTS AND CHILDREN.

THE skin of an infant is of the most delicate texture. It is influenced by the most trifling impressions, and indicates an immediate and powerful *sympathy* with the brain, the liver, the stomach, and the bowels ; that is, when the functions of one or other of these parts are deranged, the skin becomes affected, and *vice versa*. Hence, the sudden application of cold to the body, produces an almost instantaneous effect upon the skin and the alimentary canal, disturbing the functions of both.

When the bowels of an infant begin to act, and the secretion of bile becomes

abundant, an absorption of the bile, or perhaps of the contents of the bowels, sometimes takes place. This produces the eruption to which infants are first subject, and is called

THE RED GUM ;

or, Efflorescence benigne, of the French.

This eruption is seldom attended with fever, but sometimes with drowsiness ; it usually occurs within the first or second month after birth, and frequently in the strongest and most healthy infants.

It arises from an increased secretion of bile, (a result naturally attendant on the great size of the liver peculiar to this period of life), a strong determination of blood to the surface of the body, incident to early infancy, and which is the cause of the redness of the skin.

The red gum requires no medical treatment whatever; the infant, however, should be daily washed in warm or tepid water, which will not only remove this eruption, but prevent other diseases of the skin.

Should the eruption, however, be suddenly repelled by the injudicious use of cold water, or by exposure to cold in any other way, bilious vomitings and purging, with spasmodic affections of the bowels, and sometimes convulsions, follow. This can only be relieved by the re-appearance of the eruption; the means of affecting this, shall be presently pointed out.

THE WHITE GUM AND TOOTH RASH.

These are mere varieties of the red gum, and appear about four or five months after birth. When the skin loses its florid appearance, this erup-

tion also changes its colour, and becomes white.

The white gum continues much longer than the red gum, and in the seventh or eighth month the eruption assumes a somewhat different appearance. But it would be superfluous in a work of this kind, to detail the various appearances which the eruptions peculiar to infants exhibit; it is sufficient to know that they seldom require any medical treatment.

Should, however, any of these eruptions be repelled, the most violent and even fatal results may be anticipated. In such cases the warm bath, with one or two grains of James's powders twice or three times in the day, will be the most effectual means of recalling the eruption to the surface, and of relieving the alarming and dangerous symptoms.

During teething, many anomalous eruptions appear on the skin, resem-

bling small pox, measles, &c. not however attended with fever. They go off generally in a few days, by a similar treatment; that is, washing or immersing daily in warm water and keeping the bowels open, if necessary, by castor oil, manna, or magnesia.

ERYSIPELAS.

Infants are sometimes attacked a few days after birth with an inflammation on the *cutis** or true skin, and appearing for the most part on but one side

* The cuticle or scarf skin is that delicate transparent membrane, which rises when the skin has been blistered. It invests the whole body, and every where covers the true skin. It contains an infinite number of minute orifices called *pores*, which afford a passage for the escape of the perspiration, &c.

The cutis is a closely compacted substance, composed of fibres of various kinds, as arteries, veins, nerves, absorbents, &c.

of the face, or on the neck, back and arms, but most frequently about the navel, and is attended with redness and painful swelling. This disease is called Erysipelas or *St. Anthony's Fire*, and is generally attended with symptoms of fever, but not accompanied by throbbing or acute pain like inflammation of the cellular membrane. On pressing the finger on the affected part, the redness disappears, but immediately returns on the pressure being removed.

Physicians distinguish three varieties of this disease; that alone which is peculiar to infants here comes under our observation. This complaint prevails almost exclusively in lying-in-hospitals, and is often fatal. I have however met instances of it in private practice, which induces me to notice it in this work. The following case will give some idea of the complaint. A lady in the country sent for me, while

writing these pages, to visit her infant the tenth day after its birth. She informed me that she had just discovered an inflammation round the navel, which the midwife had concealed from her. Upon examination I found its entire belly covered with cloths, wetted with some *cold* solution of sugar of lead in water; on removing which the navel appeared in a sloughy gangrenous state, surrounded by a most extensive erysipelatous inflammation, which spread almost over the whole abdomen. About the navel, was hard, swelled and painful. The screams of the infant were piercing and incessant, and increasing the inflammation and pain by the action produced in the surrounding muscles. I directed its bowels to be kept open, twice or three times a day, with castor oil, and occasionally with rhubarb and calomel: the navel to be covered with an emollient poultice every eight hours,

and the surrounding inflammation to be dusted with fine powdered starch. The appearances were so changeable as to compel me to alter the applications almost daily, from the simple bread and milk, to the carrot and fermenting poultices, camphorated spirits, &c. the warm bath, and injections occasionally, but the infant lingered out a fortnight in indescribable sufferings, when death put an end to its pains.

About the same time I was applied to by a poor woman, who had lately left the lying-in-hospital, to see her infant, which was a fortnight old. I found the complaint to be erysipelas, which had spread from the navel to the lower extremities; she had used no sort of remedy. I directed a rag, dipped in camphorated spirits, to be applied to the navel, to be kept constantly moist, and the surrounding inflammation to be simply powdered with fine starch,

once in every eight hours. With the exception of the poultices, which were not in this case necessary, as the navel had not sloughed, the infant was treated in every respect as in the preceding case, and it recovered in eight days. From this I am led to remark, that the cold application in the former case, had transferred the inflammation to the contents of the abdomen, and produced similar effects to puerperal fever in women ; for upon opening the body of the infant after death, I found the peritoneum lined with an inflammatory exudation, similar to that found in women who have died of the puerperal fever. Dr. UNDERWOOD found similar appearances in several bodies of infants who died of the same complaint, which he examined after death ; and he says, that “ though the progress of the inflammation seemed to be checked for a while by *saturnine fomentations* and

poultices, applied on the very first appearance of the inflammation, it soon spread, and a *gangrene* presently came on; or where the matter has been formed, the tender infant has sunk under the discharge.”

RASHES.

The diseases of the skin which we are now about to consider are termed *rashes*, and are attended with fever. Some of them are contagious, as the measles and scarlatina, and continue for a definite period; while others, as the rose, nettlerash and purples, are not contagious, and are uncertain in their duration.

There is scarcely any limit to the shades and varieties of rashes, but I must confine my observations to such as are necessary to be known by parents,

or those who have the charge of infants and children.

MEASLES.

This disease generally occurs before the fourteenth day after the infant or child has been exposed to the contagion. It may be satisfactory to know that there is seldom any danger of its being taken after that period.

Previously to the eruption, the eyes become tender and inflamed, discharging a thin humour; there is also a discharge from the nose, with occasional sneezing, and sometimes a hoarseness, with a frequent dry cough.

The eruptive stage of the measles is seldom attended with much danger, while the subsequent period sometimes proves fatal. Between the ninth and twelfth days of the disease, some children are suddenly attacked with a great

difficulty of breathing, almost to suffocation, and not unfrequently die in a few hours. In others the usual diarrhœa beginning about the tenth day, and continues without intermission till the child becomes pale, emaciated and exhausted. Under these circumstances, ulcerations of the mouth, somewhat like the thrush, are generally the forerunners of death. Sometimes, however, boils appear in different parts of the body, which generally produce a favourable termination of the disease.

Previously to the disease, should the measles be in the neighbourhood, or should the infant have been exposed to the contagion, the nurse should be confined to a light diet, and the infant kept moderately warm, and carefully guarded against cold.

During the disease, the same precautions are necessary, and the only remedy is a grain or two of James's

powders every night.* This will keep a determination to the skin, and prevent the eruption falling in upon the bowels or lungs : will procure rest, and in most cases will cause a favourable termination.

Should unfavourable symptoms arise from the application of cold, or from any constitutional peculiarity, the body may be sponged with warm water twice in twenty-four hours, and the James's powders repeated every fourth or sixth hour.

Should pulmonic symptoms, as cough and oppressed breathing, become distressing, an infant may be bled with leeches : from a child, blood may be taken from the arm ; and, if

* James's powders I give in preference to any of the preparations of opium, as it conciliates sleep, without producing any increase of heat, restlessness, or constipation of the bowels, which opium is apt to do.

not relieved by the evacuation, blisters may be applied at any period of the disease. This, with keeping the bowels moderately open, is the whole of the medical treatment requisite in most cases of measles.

Infants before birth may go through the measles without injury ; some have been born with vestiges of it, and others with the actual eruption on their skin.

Some children have had the measles so slightly, as not to require any medical treatment whatever, leaving a doubt on the minds of their parents whether the eruption was the measles or not.

Like the small-pox, the measles produces such a change in the constitution, as to render it unsusceptible of the same disease a second time.

Two or three doses of opening

medicine are necessary after this disease.

SCARLATINA.

The scarlatina is a contagious disease, which spreads rapidly among children, and is generally either very mild or very malignant. In its mild state, it requires scarcely any medical treatment; and even under injudicious management, need not occasion much alarm. In its malignant character, however, it requires the most skilful and judicious management on the part of the physician, to bring it to a happy termination.

This disease is not peculiar to any country, climate, or season, although it has for centuries been attended with the most fatal consequences in many parts of the globe. Villages have been almost depopulated by it, particularly

in North and South America, where its malignity has been so unsparing, as even sensibly to retard the growth of colonies, by the ravages it has made among their population.

The efflorescence incident to this disease, is of a bright scarlet colour, like that of a boiled lobster. By this colour it is readily distinguished from the measles; the eruption of which is a dark red, similar to that of a flea-bite.

There are three varieties or shades of scarlatina, treated of by medical men. The *first* is the slightest of all those diseases of the skin to which children are subject; the *second* is somewhat obstinate in its character; while the *third* is one of the most violent and fatal known in this country.

These three varieties proceed from the same source of contagion, and may

be found existing at the same time and under the same roof, in schools or large families. It attacks some children in its mild, and others in its malignant form, according to the peculiarity of their constitutions, or the predisposition which may exist to receive the infection. Sometimes even the state of the air, or the season of the year, may cause one or other of these forms to predominate.

Its approaches are generally attended with a chilliness and sickness at the stomach, with vomitings: sometimes with a soreness in the throat and swelling in the face. It generally goes off with a swelling in the hands and feet, and sometimes with sores on the ends of the fingers.

The several varieties or shades of this disease, are attended with many intermediate degrees of indisposition,

which it would be too tedious to enumerate in a treatise of this kind.

In the simple form of this disease, nothing further is requisite than to keep the child in an open, well-ventilated, and moderately warm apartment; on a light vegetable diet, with plenty of cooling drinks. After the eruption has disappeared, a dose or two of medicine will be necessary.

Where there is a sensation of soreness in the throat, and the head appears much affected—and where the symptoms of fever run high—no time should be lost in sending for a physician. If one cannot be had, the following emetic should be immediately administered. To one ounce of ipecacuanha wine, add one grain of tartar emetic, or two drachms of antimonial wine. Give a tea-spoonful every ten minutes, until it excites vomiting.

After the operation of the emetic, a dose of James's powders, combined with calomel (equal parts of each), should be given every three or four hours, till they operate. A warm bath will considerably facilitate the operation of these medicines, and often effect an action of the bowels, which the exhibition of purgatives or other remedies in severe cases are unequal to.

This plan, if immediately pursued, will relieve the head and throat, moderate if not subdue the fever, and may be the means of preventing the other alarming symptoms incident to this formidable disease.

Should the swelling and inflammation of the throat be considerable, so as to occasion pain and difficulty in swallowing, a blister should be applied to the throat, the emetic repeated, and the James's powders continued in larger doses, and without the calomel.

The bowels are to be kept open by scammony or jalap, and calomel occasionally. Should a diarrhœa come on, rhubarb should be given in place of jalap or scammony, and the James's powders in smaller doses. When the skin is very hot and dry, the whole body may be sponged with tepid or cold water, which will refresh the patient, moderate the heat of fever, and dispose to a calm sleep. Ripe fruits and acid drinks may be used frequently. Cold water, children are extremely fond of, and it may be drank at pleasure. Inhaling the steam of hot water and vinegar is useful, and may supersede the use of gargles.

Scarlatina, like small-pox and measles, can only be taken once by the same individual; though some cases are recorded of persons being twice affected with it: the fact, however, appears very doubtful.

THE DROPSY OF SCARLATINA.

A dropsical state sometimes succeeds to scarlatina, and is frequently more dangerous than the disease itself. It most commonly takes place when the skin has suffered more than the throat, probably from the greater extent of surface engaged. Indeed the system seems to suspend its efforts, sometimes for many days, before it becomes decided where the action ultimately shall be thrown. This may explain why those cases of scarlatina, which are apparently the mildest, are, notwithstanding, often the precursors of dropsical effusion.

The commencement of the dropsical effusion occasionally is marked by symptoms of fever, with great restlessness and pain, like that of rheumatism. Sometimes the lungs are inflamed, and

the body fills, probably from a corresponding condition in some of the contents of the abdomen.

Very frequently, the approach in this disease is more gradual, and occurs at a greater or less distance of time from the primary scarlatina, and unattended by the symptoms of fever or inflammation, when consequently more mischief is to be apprehended. Not unfrequently, however, the external appearances of dropsy subside suddenly, and water in the brain ensues. Children are sometimes thus carried off with all the symptoms of hydrocephalus, a fact which cannot leave a doubt of the inflammatory nature of this species of dropsy.

In the cure of the dropsy, arising from scarlatina, active purgatives, as jalap, scammony, gamboge and calomel combined, and James's powders, will generally be found sufficient:—

should, however, symptoms of inflammation appear, recourse should instantly be had to bleeding.

THE NETTLE-RASH.

The nettle-rash, so called, from its resemblance to the effects produced by the sting of a nettle, is not contagious, though in many instances it is attended with fever. It is a troublesome, but not in general a dangerous complaint. It is usually accompanied with a violent head-ach, itching of the skin, and great restlessness; sometimes it appears suddenly, and without any previous indisposition.

This complaint may arise from indigestion, and has sometimes been produced by a sudden check to perspiration.

There are several shades or varie-

ties of this disease: but they seldom require more than two or three doses of opening medicine, avoiding cold or any other repellent.

THE ROSE.

This eruption has frequently been mistaken for measles, and sometimes for scarlatina; and hence, no doubt, has originated the idea that children may be affected with these complaints more than once.

Infants and children, while teething, are often affected with this rash, which appears in small patches, raised a little above the skin, and very much resembling the measles.

The eruption seldom continues more than three days, and is not attended with any fever or constitutional inconvenience. In some cases the eruption

appears, and fades successively, and within the same period, perhaps for a fortnight or three weeks.

The only danger in this complaint arises from exposure to cold, by which the eruption may be suddenly repelled, and a violent disorder in the head, stomach, or bowels, produced, from the sympathy existing between these parts and the skin. This disease is incident to infants and children mostly about the period of teething. Warm bathing, which alleviates the sufferings of that painful operation, is the best remedy in this complaint.

THE PURPLES.

This disease which is easily recognized by small distinct purple specks and patches of different sizes on the skin, is attended generally with great debility, but seldom with fever ; and is

not contagious. The spots are diffused over the arms, legs, and sometimes the whole body, and are often attended with hæmorrhage from the nose, mouth, and other parts. They have not any regular or stated termination.

The children of the poor are those who are more generally attacked with this disease. It is for the most part brought on by a poor diet and impure air. Instances however, though rarely, are found among the children of persons in higher life.

A decoction of bark, with acidulated drinks, pure air, and moderate exercise, with an occasional purgative, are the only remedies necessary in this complaint.

THE ITCH.

The symptom of itching is common in a greater or less degree, to most diseases of the skin, but there are some in

which it occurs as the leading circumstance, and when accompanied with an eruption of pimples, or small watery vesicles, whose appearances are well known, it is denominated the itch, and is an infectious disease.

From the neglect of daily ablutions in tepid or warm water, the skin of children often becomes loaded with a matter, which stops the pores, and by obstructing the free discharge of the cutaneous exhalations, produces the itch, or some other disease of the skin.

The method of cure in the first stage of this complaint is very simple. It is only requisite that the nurse should pay attention to her *own* personal cleanliness, and bathe or wash her child daily in warm water; this should be unremittingly persevered in, even though some aggravation of the symptoms may at first arise. By its continuance the skin is cleansed and softened, the per-

spiration becomes free and copious, and the eruption and itching gradually disappear.

Should the complaint, however, become inveterate from inattention to the mode of cure pointed out, or from any peculiar manner of living,* a different treatment will become necessary.

Should the nurse be affected, which will generally be the case when it be-

* GALEN observes that a general itching of the skin is excited by certain substances applied externally, as nettles, &c. but that it also arises frequently from causes within the body, since those persons who live on food of bad quality, who labour under indigestion, and who neglect personal cleanliness, are particularly liable to the itch.

Dr. WILLAN observed similar effects produced by wine made from muscadine raisins; a few glasses of which have been known to occasion an universal itching of the skin, and preclude rest for twenty-four hours, or even a longer period.

Eating ripe gooseberries in large quantities has also been known to produce similar effects.

comes inveterate with the child, she should sponge her body, and every part affected daily, with warm solution of the liver of sulphur in water, made by dissolving a drachm of the former in a quart of the latter. A table-spoonful of the following medicine should also be taken three times a day.

The sulphuric acid mixture.

Dissolve an ounce of Epsom salts in half a pint of peppermint water, to which add a drachm of the dilute sulphuric acid, and two drachms of the compound spirit of lavender.

The child should also be sponged with some of the sulphur solution, lowered with warm water to half the strength, and may take a tea-spoonful of the mixture twice or three times a day.

This treatment in a very few days will remove the complaint both from the nurse and child.

The ordinary remedies for the cure of this complaint by sulphur or mercurial ointments, are already well known: it may, however, be important to observe, that these unpleasant, and sometimes dangerous applications (which often lay open the constitution to the attacks of cold and fever) may be dispensed with, and that a perseverance in the above simple remedies, will effectually remove it, and at the same time strengthen and refresh the system.

THE SCALY ERUPTION.

Red and white scaly eruptions sometimes make their appearance on various parts of the skin of children, but usually about the elbow, and upon the knee joints; sometimes spreading along the

arms, legs, and thighs ; but seldom on the trunk of the body, and never on the face. This is a complaint in general of long duration, and often extremely difficult of cure. The following will be sufficiently descriptive of the disease, the numerous remedies generally employed, and the simple means to which it may be made to yield.

Master R. C———, a fine boy, about seven years of age, had small scaly patches on his arms, legs, and the entire of his body, of various dimensions, from the size of a pin's head to that of a sixpence. The first appeared at the elbows and about the knees, and continued increasing, until they came nearly into contact all over the body ; several patches appeared on the head, but none on the face. A variety of remedies had been used, such as the tar, sulphur, citron, and other ointments ; sweetening decoctions, as of

the Dulcamara, or bitter sweet, &c. the juices of various plants were used both internally and externally; the medicated bath was also resorted to, but the disease remained stationary for a considerable time; the scabs peeling off, were succeeded by a fresh stock. This succession of scabs continued for several months, attended with but a slight degree of itching. There was no constitutional derangement, but the bowel evacuations appeared of a clay colour. This circumstance, which I understood had not been before observed, guided me in the subsequent treatment. I ordered the following *alterative powders*:—of James's powders, one scruple; calomel, ten grains; rhubarb, two scruples mixed, and divided into ten equal parts; one to be taken every night; I also directed him into a *steam* bath every morning.

This was the entire of the medical

treatment resorted to, and which produced the following results:—the incrustations separated from the centre of the patches, and were no longer reproduced; the scabs became diminished in size, and a circle of red shining cuticle, somewhat indented, appeared within the original patch, which retained a scaly ring or border, until the cuticle within assumed its natural colour and texture. The eruption then gradually disappeared, till every vestige of the disease was removed, and which was effected in about two months.

It was evident from the appearances of the child's evacuations, that there was some derangement in the functions of the liver, and that either a deficiency of bile was secreted by that organ, or that an absorption of it took place. To this latter cause I attributed the disease, and the effects of the remedies employed, justified my observations,

as the evacuations daily changed in colour, until the bowel discharges became perfectly natural, upon which the complaint disappeared.

THE DRY TETTER.

This disease differs from the former, in its attacking, principally, the face, which is in most instances exempt from the scaly eruption.

Small irregular dry scaly patches often appear suddenly on infants and children, attended with a slight disorder of the constitution, and spread over the body within the space of two or three days. The eye-lids are sometimes affected by it, when the eye-brows and eye-lashes generally fall off. The eruption frequently gets into the nostrils, and occasions a disagreeable sensation, producing a snuffling and stoppage of the nose.

This complaint may be removed on its first appearance by warm fresh water bathing, but when considerable excoriations take place, it will be necessary to give an alterative powder (see page 70) every second night, and to apply a little sweet oil to the parts affected night and morning. No further medical treatment will be necessary in this complaint. Cleanliness should in all its stages be particularly attended to.

THE DANDRIF.

The dandriff is another scaly eruption to which infants are subject. This generally appears on the forehead and temples, in the form of a slight whitish scurf. Sometimes, also, it appears on other parts of the head.

Shaving the head, and sponging it daily with warm water, will be found sufficient to remove this complaint.

THE SCALD HEAD.

There are two distinct species of this disease, the one commonly known by the term, *scald head*, the other, by that of the *ring worm* of the head.—The former, which is now under our consideration, is much less contagious than the latter.

The scald head continues in some instances from three to eighteen months, and is in general too well-known to need description. Infants and children who are placed under the care of nurses, are oftener affected with scald heads, than those who are nursed by their mothers, from the circumstance, that, in the former case, personal cleanliness is less attended to than in the latter.

There is a species of this disease, which sometimes attacks infants and children about the mouth, and on the

face ; behind, and sometimes within the ears, from which a discharge issues, with an enlargement, and frequently with ulcerations of the glands about the neck and throat, and sometimes with inflammation of the eyes. I have seen the entire body and extremities of infants under one year old, covered with this eruption, and affected mother or nurse ; but whether by accident or contagion, could not be ascertained.

The head should be shaved at least once a week ; washed twice a day with warm water, and anointed after each washing, with some of the following ointment.

Figwort Ointment.

Bruise a pound of the fresh leaves of the great figwort in a mortar, then boil them in a pound of lard, until the leaves become crisp, but not burnt ; then strain and keep it covered from the air.

All irritating application should be avoided ; the hairs should not be pulled out by violent means, as has been frequently done, by that useless and inhuman practice of applying pitch caps and tweezers, a practice which is attended with more serious injury to the head, than the disease itself could effect. A blister to the head sometimes will remove the complaint for the time, but it generally returns again in a week or two after the application. Tar ointment with sulphur, pepper ointment, and an ointment made of charcoal are useful, where the figwort cannot be had.

Charcoal ointment may be made by mixing two drachms of the fine powder of charcoal with an ounce of sulphur ointment.

THE RING WORM OF THE HEAD.

This is the highly infectious species of the scald head, and is readily disseminated among children, not only by actual contact of their heads, but also from the intermixture of hats, caps, &c.; the use of the same combs, hair brushes, &c. may also disseminate it.

This disease generally originates in delicate and neglected children, and continues sometimes for years.

The ring worm of the head, although more violent than the common scald head, will be found to yield to the remedies pointed out for the cure of that complaint.

SMALL POX.

The two particular forms or varieties of this disease, are well known under

the appellation of *distinct* and *confluent*. The distinct small pox may go favourably through its natural course, in which case no remedy will be necessary except keeping the bowels moderately open, and exposing the child to the cool fresh air; which by moderating the fever and lessening the number of eruptions, will considerably mitigate the severity of the complaint.

If the symptoms of inflammation should, however, run high, and which is generally the case in the confluent species, attended with a hard pulse, pain in the head, and the eyes blood-shot, bleeding may be useful to lessen the inflammation; this remedy, however, should be resorted to with great caution, since by taking blood the pustules may sink and the child be lost by weakness; therefore, the lancet should not be employed unless the inflamma-

tory symptoms threaten the life of the patient.

If however the child should have been bled for the incipient fever, before it had been ascertained to be occasioned by the small pox ; symptoms of irritation will come on after the eruption has appeared ; such as erysipelatous inflammation between the pustules, a quick pulse, and the pustules suppurate badly. Here bark should be employed, but like bleeding, it may be productive of mischief, as it increases the difficulty of breathing. It however removes the soreness and causes the pustules to suppurate kindly.

The next difficulty which occurs in this disorder, is, that the stimulus arising from the inflammation, occasions a larger flow of blood to the surface of the body, and less to the liver, occasioning a deficiency of bile and conse-

quently a constipation of bowels, which always endangers the patient.

On the first appearance of the small pox, a gentle dose of opening medicine, as castor oil, should be given ; after which the bowels should be kept open by means of injections ; for if medicine taken internally should operate too copiously, the pustules may sink, and produce great danger, as in the case of bleeding.

Should the pustules subside or sink at any period during the progress of the disease, the child should be bathed in warm water, and take a little wine whey, and if that should not again throw the circulation to the surface of the body, and raise the pustules, a dose of James's powders should be given every third or fourth hour, and the bath repeated once or twice each day.

The last difficulty arising in this dis-

ease is that which is occasioned by the salivation and soreness of the mouth. So long as the discharge is thin, mucilaginous drinks, as barley-water, flax-seed tea, or whey, with gum-arabic dissolved in it, should alone be used. But if the matter become thicker, and cannot be expectorated, an emetic, or syrup of squills should then be given, and the mucilaginous drinks changed for simple whey or water.

Should not the legs and arms swell, about the time of the turn of the complaint, and when the swelling of the face subsides, it will be necessary to stimulate them with blisters ; and when the suppuration from the pustules is completed, and the disease gone off, the bowels should be emptied with active purgatives, as scammony and calomel ; else the quantity of matter secreted may form into glandular swellings,

terminating in abscesses or scrofula. After the *confluent* small pox, the patient should be purged pretty severely four or five times. After the *distinct*, or mild, twice will be sufficient.

From the foregoing facts, it must appear, that it requires no common degree of experience and skill to bring a patient safe through this dangerous complaint. The general use of the vaccine inoculation, however, which effects such a change in the constitution, as to render it incapable of taking the small pox, has removed almost the possibility of danger, and relieved both the mother and the medical attendant from the great anxiety and uncertainty which ever accompanied the progress of the latter. This is a fact now so fully established, that although some persons, under the influence of early prejudice, are still sceptical on the point,

the age is too enlightened to require from the practitioner of the present day, any further proof or justification.

THE COW POCK.

Of a disease now so well understood, and whose progress is necessarily accompanied by the attendance of a medical practitioner, it will be important merely to enumerate the leading peculiarities, and to enable mothers or attendants to ascertain whether the infection be taken or not, and that it be of the genuine kind.

The cow pock is, correctly speaking, a vesicular eruption, though usually called pustular. It is scarcely necessary to observe, that an infant, at the time of inoculation, should be free from any disease of the skin ; and that the matter of infection should be received from a case of decidedly characterized cow

pock. If the matter be genuine, the following appearances will take place. On the third day (the day of inoculation being reckoned the first), a small red spot, like the bite of a gnat, appears on the infected part. In six days a small vesicle will be formed, which on the eighth becomes circular, and surrounded by a circle of a reddish colour. On the ninth day the vesicle is as large as a pea, and surrounded by a red ring. On the eleventh the vesicle begins to scab, grows dry, and turns black in the middle, and the ring becomes more extended. On the fifteenth day the pock becomes a scab, of a blackish or dark mahogany colour, and the red ring or margin disappears. On the twentieth day, the scab falls off, and a cicatrix, of a honey-comb appearance, remains in its place.

Should any doubt arise relative to the cow pock infection being genuine,

or whether the system be sufficiently affected by it, so as to remove all ideas of future danger from the small pox, the following test may be used to satisfy the minds of those interested in the subject. On the fifth day after the first inoculation, let the infant be cut on the other arm, and inoculated with the same, or some fresh infection: if the matter be genuine, and has entered the system, the vesicle that will arise from the second inoculation, will be surrounded with the red ring, at the same time as that will, which was produced by the first inoculation. Or, if the second inoculation be performed any time after the tenth or eleventh day, a slight degree of inflammation may be induced; but if the system has been affected by the first inoculation, no *vesicle* will be produced.

The re-inoculation by the vaccine

matter, in the foregoing manner, is now considered to be as effectual a test of the constitution being guarded against the small pox, as if it had been inoculated by the small pox matter: the latter, however, must ever be the more satisfactory test.

During the progress of the cow pock, little or no medicine is required. After the vesicle begins to scab, a dose or two of a mild purgative, as castor oil, or rhubarb and calomel, will be necessary.

The process of inoculation for the cow pock is now so well understood, in every part of the United Kingdom, that it is unnecessary to dwell further upon it; and the more so, as the progress of the disease is so invariably mild in its operation.

THE CHICKEN POCK, SWINE POCK,
AND HIVES.

These are varieties of one disease, bearing some resemblance to the small pox. The vesicles quickly suppurate, and scale off, and a succession of the pimples appear, perhaps, for three or four days, going off in the same manner. These eruptions are considered of so trivial a nature, as scarcely to require any medical assistance. To keep the bowels moderately open, and the surface of the body clean, by frequent ablutions in warm water, is all that will be necessary.

THE WHITE BLISTER,

Eating Hive, or Burnt Holes.

This is a vesicular eruption, exclusively confined to children, and is sup-

posed by some to be contagious ; it is generally accompanied by symptoms of fever. It appears, for the most part, behind the ears, but sometimes on other parts of the body. The vesicles terminate in deep ulcers, with a copious discharge, and a rapid tendency to mortification.

The parts affected should be bathed twice a day in warm water, and dressed with figwort ointment (see page 75); and the bowels kept moderately open, by occasional doses of rhubarb and calomel.

Should the disease extend itself, and shew a tendency to mortification, the parts affected should be fomented with the steam of hot water, a carrot poultice applied every eight hours, and a tablespoonful of the following *bark mixture*, taken three or four times a day. Of decoction of bark, take four ounces; dilute sulphuric acid, twenty drops;

syrup of orange peel, half an ounce—mix. From a dessert to a table-spoonful may be given to a child from three to five years old, four or five times a day.

From the observations briefly stated in this chapter on the diseases of the skin, it will appear, that, in the early periods of life, the human species is subject to a great variety of eruptions, of which it would be impossible to convey an accurate idea, by mere description. So various, indeed, are the symptoms and modifications, which unfold themselves in diseases of the skin, and so numerous are the remedies which have been recommended by practitioners, that it would be quite superfluous and useless to enumerate them. The simple treatment which I have adopted, in the disorders already commented upon, and in those I am about to describe, is the result of ample

experience, among the patients of an Institution, where six thousand infants and children, afflicted with the various diseases peculiar to these periods, are annually brought under my inspection. By such experience I am justified in stating, that almost all the diseases of the skin of infants and children, however different they may be in symptoms and appearance, at the commencement, will yield to a judicious and free use of warm water, and proper attention to personal cleanliness: and that in those tender and critical periods of existence, when so many fatal internal disorders are induced, by an injudicious repelling of any of the foregoing diseases of the skin, we should rather seek to assist the constitution in its effort at throwing out the incipient disease, by the above-mentioned personal observances, than by the direct application of medicine; little or none of which will, in fact, be

necessary ; in a word, that we should throughout, in the management of infants and children, regard the best efforts of medical skill, but as auxilliary to the operations of Nature—in all cases the safest and the most powerful physician.

CHAP. V.

DISEASES OF THE HEAD.

INTERNAL DISEASES.

HAVING treated of what are termed cutaneous diseases, or those derangements of the health of infants and children which make their appearance in the shape of eruptions, on the surface of the head or body, I proceed to the consideration of those *internal* complaints, by which one or more of the animal functions are disturbed, and which are only distinguishable by their effects. The modifications of the diseases which we are now entering on, are equally various and numerous with those already described. I therefore

propose, (for the sake of that class of readers, for whose guidance this treatise is more particularly intended,) taking them in an order, though not a scientific one, yet probably better calculated for the purpose contemplated. I shall, therefore, begin with the diseases of the head; and, proceeding downwards, take the different seats of disease as they present themselves, namely, the throat, chest, stomach, bowels, &c.

HYDROCEPHALUS,

Or Water on the Brain.

In the early periods of life, what is called by physicians *Idiopathic*, or primary fever, never occurs. When feverish symptoms appear, an immediate investigation of their cause should

therefore first engage our attention ; as in the correctness of our knowledge and information in this respect, will depend both the treatment, and its success. If no external or local injury be discovered, we must look for some inward cause. For this purpose our attention must be directed to one or other of the three great cavities of the body ; that is, the head, the chest, or the belly.

In the first chapter of this work, it has been observed, that the heads of infants are naturally larger, in proportion to the other parts of the body, than of adults ; and, consequently, that a greater proportion of blood is sent to it in infancy, than in any of the subsequent periods of life. The effects of this determination of blood to the head, appears in the mucous discharge from the nose ; in sores on the head

and behind the ears, so common in infancy and childhood. During the process of teething ; in the irritation from worms ; in the fever from indigestion ; and in all eruptive fevers, there is a *preternatural* determination of blood to the brain. This accounts for the convulsive fits which so frequently accompany these complaints, and for the dropsy of the brain, which is sometimes found to succeed to diseases of the skin.

Blows or bruises on the head of a child, frequently produce inflammation, congestion, or accumulation of blood, which terminate in effusion of water in the brain. Parents, tutors, and those who have the care of youth, should be particularly cautious of inflicting any blows on the head ; as the consequences may be extremely distressing, and have been known to produce water on the brain, and even an inaction of the

cerebral functions, or a stupidity, which may continue for life*.

If a child appear languid and inactive, drowsy and peevish, yet, at intervals, cheerful, and apparently free from complaint—if, at the same time, the appetite should become bad, with a nausea, or a vomiting once or twice in the day, and the skin hot and dry towards evening—there will be serious cause of apprehension and alarm. These are the *warning symptoms of Hydrocephalus*. As the disease proceeds, the child complains of a sharp headache, dislikes the light, cries much, sleeps little, grinds its teeth, picks its nose, and appears uneasy when sleeping; frequently starting, and screaming, as if terrified; the pulse, however,

* A melancholy instance of this came within my own knowledge, in consequence of a blow accidentally received on the head.

in this early stage of the disorder, does not indicate any material derangement.

When these symptoms remain unattended to, (and which is frequently the case, under the impression that they arise from worms,) in a few days, the axis of one eye, or perhaps of both, will be directed towards the nose, and the pupil somewhat dilated. The vomiting becomes more constant, the head-ach more excruciating, and all the symptoms of fever make their appearance. Usually one cheek is more flushed than the other, and a discharge of blood from the nose sometimes occurs.

These are the most prominent symptoms of the *first* or *inflammatory stage* of hydrocephalus. The second stage, or that in which the watery effusion has already commenced, is indicated by symptoms of a still more alarming nature. The pulse becomes

slow and unequal ; the pain of the head seems to abate ; a lethargic torpor succeeds, and the squinting and dilatation of the pupils increase. The child lies with one or both eyes half open, which become insensible to the light ; the vomiting ceases, the body will be costive ; while food or medicine are swallowed with eagerness, and even voraciousness. When death approaches, the pulse becomes equal, but so weak and quick, that it can with difficulty be counted. The breathing laborious, with a frightful kind of scream, peculiar to this disease. The flushing of the face frequent, but of short duration, and followed by a deadly paleness. Red spots or blotches appear on the body and limbs ; the swallowing difficult, and a rapid acceleration of these symptoms, until convulsions close the scene.

In the first stage of this complaint,

the temples should be covered with leeches, and repeated daily as long as any symptoms of inflammation appear. The head should be shaved, and sponged with cold water, while the body is kept in a warm or vapour bath, and the bowels freely emptied by the most active purgatives. To a child of four or five years old, may be given the following *purging powders*. Of powdered scammony, powdered jalap, and calomel, take of each, twenty grains. Of gamboge, ten grains, mix and divide into six equal parts, one to be given every second or third hour, until they operate copiously.

In the second stage of this disease, blisters must be applied to the nape of the neck, and to the insides of the legs, and James's powders, combined with calomel, (from two to four grains of each,) given every six or eight hours, until the mouth becomes affected. The

body should be kept as much as possible in a perpendicular position ; and the bowels must be kept open by the following *turpentine injection*. Take of common turpentine, two drachms, beat it up with the yolk of an egg, and add by degrees half a pint of decoction of camomile flowers, in which an ounce of Epsom salts has been previously dissolved ; strain it, and divide it into two equal parts ; one to be administered night and morning.

When hydrocephalus succeeds to falls, bruises, or other external injury on the head, the symptoms commence with violence ; the child is suddenly seized with great heat, thirst, and frequency of pulse, which generally beats hard, full, and strong ; the cheeks are greatly flushed, and the tongue becomes white. If these symptoms are not attended to, they are soon succeeded by the dilated pupil, squinting, and other

symptoms of the second stage, which demonstrate that the effusion of water has already taken place.

This disease too often obtains a dangerous ascendancy from its approaches not being recognized, until the watery deposit has already commenced, and the absorbents are unequal to the task of keeping it under. In all cases of incipient hydrocephalus, the aid of the physician should be resorted to without delay. The only general observations I can add on a disease where symptoms are so various, and whose progress demands the best and most timely exertion, are, that in addition to the use of calomel and James's powders, the free use of the warm and vapour baths, by soliciting the blood to the surface of the body, will be found to relieve the internal organs, and prevent congestion.

CONVULSIONS.

In adopting the term convulsion, which is, however, but a single symptom, as the name of a specific disease, we are drawn to include in it many obstinate and incongruous disorders. Convulsions are the concomitant of many stomach and bowel affections; of eruptive fevers; of teething, and of hydrocephalus; it is, therefore, a vague term, and is never, I believe, an idiopathic or primary disease*.

Convulsions may always be traced to some pre-existing cause, yet the symptoms indicating its approach are often overlooked; upon an accurate examination, however, it will be generally found to have been preceded by

* See page 38.

symptoms of fever, or some constitutional derangement.

Infants sometimes clench their hands with the thumb inclosed within the palm ; this is usually considered as the forerunner of some convulsive disorder ; and whenever it is observed, the infant should be immediately purged with castor oil, and put into a warm bath.

Should the convulsion arise from difficult teething, let the gum be scarified deep enough to divide the membrane which covers the tooth. The discharge of the blood from the gums will then lessen both pain and inflammation, and the increased determination of blood to the head, will subside. Should worms, however, be the cause, the remedies used for their destruction (see Worms) must be immediately administered ; and if the convulsions arise from an accumulation of food in the stomach or bowels, or from food of

difficult digestion, it is manifest that the contents of the whole alimentary canal, must, without delay, be discharged by emetics and purgatives.

In every case of convulsion, be the cause what it may, there is a greater determination of blood to the head than at any other time. This should always be kept in recollection, and operate as a necessary guide in the selection of remedies, and the treatment of the patient. The blood should be drawn by every means in our power to the surface and extremities of the body. To effect this, in addition to the most active purgatives, (as the purging powders and turpentine injections, see page 99), the child should be put into a warm bath twice a day; the body and extremities being afterwards kept warm, and the head rather cool.

Should the convulsions return, after these measures have been adopted, and

no appearance of any eruption take place, a congestion or inflammation of the brain may be apprehended, and which must be treated as directed under those heads.

The timely application of these remedies, to diseases productive of convulsions, is of the last importance, inasmuch as thereby the approach of the following most distressing one, the *Epilepsy*, may be avoided.

EPILEPSY,

Or the Falling Sickness.

This disease may be considered as a chronic convulsion. It is sometimes the consequence of violent irritation in the stomach and bowels ; occasioned by the acrid matter of some of the eruptions of the skin being thrown in upon them. It may be also occasioned

by food of difficult digestion, or by worms. It often arises from a concussion of the brain ; from falls, bruises, fractures, or other external injuries of the head. It sometimes follows congestion, inflammation, and dropsy of the brain ; and sometimes is caused by a defect of that organ, or of the interior of the skull. It may exist even without any apparent cause, either in the head or stomach, when it is said to arise from an hereditary predisposition ; in which case it may be induced by any sudden fright, by fits of passion, or other severe mental affection.

When epilepsy first appears, an immediate investigation should take place, with the view of ascertaining the cause ; and it is the more necessary in this disorder, as the idea too frequently prevails, of its being the immediate result of divine agency, or a sort of

natural infliction, which is rather to be borne with, than removed by the power of medicine, or any professional skill.

As in all other cases, the first step towards the cure of this disease, is to ascertain the cause ; if it be practicable to remove that, the symptoms will generally subside. However, as the source of this disease is much involved in obscurity, we are not unfrequently obliged to act under a great and evident uncertainty. Under these circumstances, should we find the complaint not yield to the remedies employed, in the destruction of worms, or for the removal of whatever other probable cause may suggest itself, our attention must still be directed to other modes of treatment.

In such cases where the symptoms may be so variable as to involve them in obscurity and difficulty, I have fre-

quently found the following medicine to be attended with the most favorable results, and even effectually to cure this disorder. The necessary evacuations from the head, stomach, and bowels, being first effected, let one of the following powders be given every night. Of the oxyd of zinc and camphor, take of each half a drachm; mix and divide into twelve equal parts; one to be taken every night. Should vomiting or sickness be occasioned, only half a paper is to be given.

Turpentine has also been used with success in the following form:—Take of rectified oil of turpentine, two drachms; honey, one ounce; mix, and add by degrees a quarter of a pint of pennyroyal or peppermint water. A table-spoonful may be given once or twice in the twenty-four hours.

The doses of both these remedies must be regulated of course by the

age of the child, and by the effects of the first or second dose. They should be perseveringly used, from six weeks to three months, interposing occasionally, if necessary, some opening medicine.

During the fit nothing should be done, but to keep the hands open, and to use the necessary precautions to prevent the child injuring itself by the violence of the convulsion. The head should be kept cool, and the extremities warm.

CHAP. VI.

DISEASES OF THE THROAT.

THRUSH.

THIS disease is an eruption of the interior surface, generally of the mouth and throat, but sometimes affecting the interior of the alimentary canal, from the mouth downwards, to the extremity of the intestines,

It is sometimes, but not often, attended with fever; and infants are more subject to its attacks than children. The eruption at first appears in specks on the tongue, and gradually extends over the inside of the mouth, the throat, and sometimes to the stomach and bowels.

As the complaint in general arises

from some acrimonious matter, or derangement in the alimentary canal, the first step towards the cure is to empty the stomach and bowels ; which is effectually done by the following medicine. Dissolve one ounce of manna and two drachms of antimonial wine in two ounces of water : give a table-spoonful of this mixture every two or three hours, until it vomits and purges.

The best topical application is a linctus composed of borax, honey, and myrrh, in the following proportions. Of powdered borax and tincture of myrrh, each one drachm ; honey, one ounce. Mix a little of it : it is to be applied with a feather to the mouth, three or four times a day.

During the cure, the bowels must be kept open by castor oil or magnesia ; which are the best medicines in this complaint ; and a gentle moisture

on the skin should be encouraged. This may be done by giving a little white-wine whey to the infant or to the nurse, if the infant be on the breast.

Should the mouth continue sore, after the removal of the specks or ulcers, a little mucilage of gum arabic, with oil of almonds and syrup of violets, (of each equal parts,) mixed and applied frequently to the mouth, will in a short time remove the soreness.

THE CROUP.

This disease is an inflammation of the wind-pipe, and is distinguished from other sore throats, by a laborious inspiration, sounding as through a brass tube; a harsh dry cough, with seldom any tumor in the throat, and no difficulty in swallowing. It is dangerous, from the rapidity of its pro-

gress, and requires the most prompt and decided measures, to prevent suffocation.

The wind-pipe is the passage into the lungs, and is placed in the front of the gullet; it is lined with a very delicate and sensible membrane. The upper part of the wind-pipe has a thin cartilage attached to it, like a valve, and protecting the aperture against food falling into it, in the act of swallowing. The food passing this covering or valve, presses it down upon the opening, and thus defends the wind-pipe. If a crum of bread, or any small substance, to use a familiar expression, *goes the wrong way*, it is into the wind-pipe it falls through this opening; and, if not thrown up again, would produce the most distressing symptoms, if not occasion immediate death. Under such circumstances, however, nature comes to our assist-

ance, and forces its discharge *upwards* by the act of coughing, the *only* effectual mode of relief. Under such circumstances, it must be obvious, that instead of endeavouring to check the cough, it should, if possible, be encouraged, until the matter which produced the irritation, whether liquid or solid, be forced up again : and thus a cough becomes not only useful, but indispensably necessary under such circumstances, for the preservation of life.

DOCTOR HOME, in his “ Inquiry into the Nature, Causes, and Cure of Croup,” has recorded the following case: “ Mr. Balfour, Surgeon,” says the Doctor, “ told me that he attended a child in a disease, which, from a similarity of voice, appeared to him to be croup. The child died. When opened, a piece of shell, which the child had sucked in with its breath,

was lying across the trachea (the wind-pipe), about an inch below the glottis (the opening), and the membrane was inflamed and dry. "Here," continues Dr. Home, "was an artificial croup raised, from which we may evidently perceive how the voice is altered in the natural disease."

The following case, which came within my own knowledge, though not directly in point, involves a practice of so decidedly dangerous a nature that it cannot be misplaced, to introduce it here, as a necessary caution against the adoption of those commonplace remedies, which too often induce mischief, and not unfrequently are attended with the most fatal effects. The case was that of a young lady, whose death was caused by a grain of allspice falling into the wind-pipe, while taking some soup. The cough, which was naturally excited by the

sudden irritation of the membrane would probably have forced it up again, had not the common, but highly improper, custom of slapping on the back been resorted to, by which the grain of allspice was forced *downwards* into the lungs, and suffocation instantly followed.

In croup, a flaky substance, called the *croupy membrane*, is sometimes spit up, which is a secretion in the wind-pipe peculiar to this complaint. It generally accumulates so rapidly, as in twenty-four hours to obstruct respiration.

On the first appearance of the croup, a dose of ipecacuanha and antimonial wine should be immediately given, and repeated every ten minutes, until it excites vomiting. After the operation, the child should be put into a warm bath, from ten to fifteen minutes, and a dose of calomel and jalap given.

If relief be not obtained from these measures, the entire throat should be covered with leeches; and the bowels emptied by a turpentine injection (see page 99), to which should be added a drachm or two of the tincture of assafoetida.

If the alarming symptoms are not checked in twelve hours, the warm bath is to be repeated, and calomel in doses of from three to five grains, with three grains of James's powders in each, should be given every third hour. These remedies, if exhibited on the attack, will seldom fail of curing the disease. *Blisters are found to be of little or no use in this complaint.*

If a child recover from an attack of croup, every affection of the chest or lungs should be considered as important; it should therefore be carefully guarded against cold; especially in damp weather; for which purpose the

child should wear a chamois leather waistcoat, next its skin, made to cover the neck.

The croup is not considered as a contagious disease. It seems, however, peculiar to some families; and a child having been once attacked with it, is very liable to its return from any slight exposure to cold; its relapses are, however, attended with less severity and danger.

THE BRONCHIAL COUGH, OR BRONCHITIS.

There being no English word descriptive of this disease, I am obliged to use that derived from the Greek word, signifying the *wind-pipe*.

The wind-pipe, at its insertion into the chest, is divided into two branches, called *Bronchiæ*, which pass into the right and left lobe of the lungs.

When the membrane which lines these branches is inflamed, it occasions a tightness, uneasiness, and sense of soreness, in the chest; with a dry cough (that is a cough unattended with expectoration); and a quick breathing, with a whizzing noise. This affection of the branches of the wind-pipe is therefore called *Bronchitis*. If the child draws in as much breath as its chest is capable of containing, its efforts will be either interrupted by a fit of coughing, or it will complain of head-ach, and pain across the forehead, aggravated by every return of the cough. The surface of the body will be hot and dry, and a difficulty of exciting perspiration will ensue.

This disease may be considered as an extension of the inflammation which, in the croup, is confined to the upper part of the wind-pipe. Sometimes the attack is sudden, and the symptoms

almost as distressing as in croup; the nostrils are usually in perpetual motion, and the countenance full of anxiety; while the pulse is hard, frequent, and strong, indicative of the necessity of bleeding.

This disease, in many instances, resembles the croup and whooping-cough; between which, it seems to be a link. It is not, however, so sudden in its termination, as the former; nor does it run through so long a course as the latter. It may be subdued by a treatment similar to that recommended in the croup, applying the leeches to the lower part of the neck, instead of the throat; or by taking a little blood from the arm. The calomel and James's powders to be given in the same proportions, but repeated only once in the twenty-four hours.

THE HOOPING OR CHIN-COUGH.

The bronchial branches of the wind-pipe, already described, after having entered the lobes of the lungs, are then subdivided into innumerable ramifications, which are called air vessels, and which constitute the chief part of the lungs. The whooping-cough is an inflammation of these air vessels, and may be considered as a still further extension of the inflammation of the wind-pipe and the bronchiæ.

The cause of the difficulty of breathing in the croup and whooping-cough, seems to be the inflammation of the *top* of the wind-pipe, in the former ; and of the *bottom* of it, together with that of the air cells, in the latter : hence the *stridulous* or *croaking* sound in the croup, and the *hoop* in the chin-cough. In the latter, the cells of the

lungs seem to be incapable of containing a sufficient quantity of atmospheric air; or the air, when taken in, does not seem to serve the purposes of respiration; while in the former, the capacity of the lungs being entire, a constriction of the wind-pipe takes place, and the air enters slowly, and with a whizzing noise.

The whooping-cough is seldom met with but in infancy and childhood; though all ages and constitutions are liable to its attacks. When introduced into a family, few of its inmates escape it; those only excepted, who have already been under its influence, as it occurs but once to the same individual. In its first stage, it is generally accompanied with fever, though usually in a slight degree, and subsiding as soon as the hoop, or kink, begins to form. It is sometimes so mild and manageable, as to require little or no medical treat-

ment; running its course, and ceasing spontaneously, and without disturbing any of the functions of the body. It prevails with this mild character, more particularly, when it comes on late in the spring, in the summer, or early in the autumn. In the winter it is more usually attended with symptoms of a severe and dangerous tendency. In some cases the attack is so violent, as to prove fatal in a very short time: in others, the inflammation of the air cells, extending to the substance of the lungs, excites tubercles in it, and the child is carried off, with all the symptoms of a pulmonic affection. Sometimes the inflammation extending to the pleura, or the membrane lining the chest, produces an adhesion of the lungs to the ribs, or water in the chest; and, in habits where there is a natural tendency or predisposition to affections of the

head, it may terminate in convulsions and sometimes in epilepsy.

In the commencement of this disease, emetics of ipecacuanha and antimonial wine are useful, and should be given in the evening, once a week, or oftener. The bowels should be kept open, daily, by powders composed of jalap, calomel, and James's powders; interposed occasionally with a dose of castor oil. All purgatives should be given in the morning, or as early as possible in the day, that their operation may be over before night, so as not to disturb the child's rest. In the course of the day or night, a table-spoonful of the following mixture may be repeatedly given to a child of from two to three years old, when the cough is troublesome. Dissolve two scruples of sal soda in half a pint of soft water; to which add two drachms of ipecacuanha wine, and

ten drops of laudanum, and sweeten with barley or lump sugar. This medicine will operate as an antispasmodic, producing, at the same time, a determination to the surface of the body; thereby increasing the insensible perspiration. Having stated the dose for a child of between one and two years old, it will be easy to apportion the quantity to other ages.

Change of air, when the season permits, will generally be found useful:—discrimination will be necessary, as it may in some cases prove hurtful.—Pure air, however, is necessary, in all stages of this complaint; and peculiarly so in very bad cases. By a timely application and judicious management of those remedies, the great majority of cases may be conquered; instances, however, will occur, where, from neglect or mismanagement, or from a pecu-

liarity of constitution, a different mode of treatment will become necessary.

When the fever runs high, the breathing laborious, and the violence of the cough is so great as to cause a blackness in the face and neck, with symptoms of suffocation, or even convulsions, recourse must be had to bleeding, either by the lancet, leeches, or cupping.—Should these distressing symptoms be not relieved by the operation, it will be necessary to repeat it in three or four days.

After the violence of the disease is somewhat abated, by bleeding and other evacuations, blisters and the following embrocation will be useful. Dissolve a drachm of camphor in an ounce of oil of turpentine, to which add two drachms of the spirit of hartshorn, and one drachm of the tincture of cantharides. A little of it to be rubbed every

night to the back and chest, until an eruption of small pimples appear, when relief will be generally experienced.

Inhaling atmospheric air, impregnated with the fumes of boiling tar, is recommended by some practitioners. Anodynes, such as will produce rest, and relieve the lungs, by causing a determination of blood to the surface of the body, may also be given with good effect: for this purpose I have ever found two or three grains of James's powders, combined with one or two drops of laudanum, to answer the desired effect, with an infant of between one and two years of age. Assafoetida, musk, Russian castor oil; oil of amber, French flies, sugar of lead, lunar caustic, steel, and arsenic; the bark of elder, the leaves of foxglove, henbane, hemlock, cupmoss, meadow narcissus, deadly nightshade, and other poisonous drugs, have been recommended in this

disease: but the enumeration alone, of this terrific list of remedies, is enough to shake the confidence of the stoutest; and if the simple mode of treatment here pointed out, be attended to, very few, if any of these formidable agents need ever be resorted to; they must at all events, remain in the hands of the physician, and applicable alone to extreme cases.*

From the commencement of the hooping cough, till it runs its course, and for some time after, a strict attention should be paid to regimen and diet; a breast-plate of chamois leather should be worn constantly on the chest, and the extremities kept warm with woollen stockings. The child should

* PRUSSIC ACID has been lately administered in Hooping Cough and other pulmonic complaints, with considerable advantage; but it is a poison of a most deadly nature and must never be given, except by a physician of experience.

be put into a warm bath once or twice a week, to fortify it against cold, and prevent debility. When the weather permits it, the child should be sent daily into the open air, for the purpose of exercise.

In the beginning of the disease, the child should be confined to a light vegetable diet. After the crisis, that is, when the fever and violent symptoms have been subdued, a more nourishing diet may be allowed, with a little animal food. Should the child become hectic, or Phthisical, asses milk should be substituted for animal food.

COUGH.

The dangerous consequences of the *sudden* application of cold to the surface of the body, has been already noticed; its effects, when *gradually* applied to the skin, by damp clothing,

exposure to a cold moist atmosphere, &c. shall now be pointed out.

It should be observed that the mischief arising from the application of any thing *damp* to the skin, is not so much the result of the moisture, as of the cold which it generates. The act of drying; or evaporation, being always attended with an increase of cold, is the reason why *damp clothes* are often more injurious, and attended with more immediate danger, than *wet* ones.

When the skin is gradually exposed to cold, but not to such a degree as to affect any of the vital organs, by throwing the blood too suddenly from the surface upon them, it produces a contraction of the vessels of the skin, increases the *internal* circulation and secretions; and checks the cutaneous perspiration. If the body be for a short time exposed in this way to the action of cold; possibly no bad consequence

may arise. In this way, however, what is termed "*a cold in the head*" is experienced, the symptoms of which are, a difficulty of breathing, with a cough, accompanied by sneezing, defluxion from the eyes, nose, mouth, throat, or lungs. These are the prominent symptoms of the common cold, or *catarrhal cough*, and which sometimes is attended with slight fever. If the child has been exposed for any length of time to these operating causes, an affection of the chest, or an inflammation of the mucus membrane, which lines the lungs, and the passage into them, may be the result.

Infants and children are subject to coughs, where the chest is not affected, proceeding from other causes, such as affections of the stomach and bowels, unaccompanied by defluxions. These are called *symptomatic coughs*, as they arise from that sympathy, or con-

sent of parts, which takes place between the lungs and those other organs. Thus coughs frequently attend teething, worms, and the fever of indigestion, which may be cured by removing the cause, and which should be anxiously investigated.

In the cure of the common, or catarrhal cough, the first object is to restore the circulation to the skin as soon as possible: for this purpose, after opening the child's bowels by castor oil, or other gentle purgative, two or three grains of James's Powders should be given at bed-time. A waistcoat of chamois leather with sleeves, to shield the child against cold, and to be worn next the skin, will be found extremely useful in affections of this kind. During both night and day, whenever the cough is troublesome, the following syrup will be found to alleviate it. Take of sim-

ple syrup*, two ounces; of antimonial wine and paregoric elixir, of each one drachm; tincture of Tolu, twelve drops; mix. A tea-spoonful may be given three or four times a day, or whenever the irritation of the cough comes.

The diet should be chiefly vegetable: a little gum arabic, dissolved in the child's common drink, will defend the mucus membrane, and materially assist in allaying the cough.

Should there be any considerable affection, or inflammation in the chest, it should be rubbed with the liniment (page 126) twice a day, and the James's Powders given every three or four hours. Should the expectoration of the lungs be difficult, a drachm of

* Simple syrup is made by dissolving two parts, by weight, of refined sugar, in one part of boiling water.

ipecacuanha wine should be added to the syrup, in place of the paregoric elixir; and a grain of the ipecacuanha powder added to each dose of the James's powders.

If these remedies be resorted to, on the first attack of catarrh, the complainant will not be attended with any material derangement of the system; but if neglected, and the child be still exposed to the causes which produced it, pleurisy, or inflammation of the lungs, may be induced. These colds are not to be treated slightly, as they often end in a spitting of blood, or an excoriation or ulceration of the lungs, and terminate in hectic fever, or pulmonary consumption.

CHAP. VII.

DISEASES OF THE STOMACH AND BOWELS.

WORMS.

THERE is no cause more frequently assigned for the indisposition of children, than worms. If a child have a pale complexion, or if its cheeks be flushed and red, it is immediately referred to worms. If its appetite be bad, or if it feed voraciously, the skin hot and feverish, these symptoms are attributed to the same cause. Doubtless all these appearances may, in fact, arise from worms; but may be, and often are, the result of indigestion, or water on the brain.

There is a sympathy, or consent of

parts, between the brain and stomach and bowels : this will naturally account for the same appearances arising from different causes. Thus, if the head be affected, the functions of the alimentary canal will be disturbed ; and *vice versa*. If worms exist in the stomach or bowels, symptoms of water on the brain may appear ; which symptoms in general subside on the expulsion of the worms.

Infants are seldom troubled with worms, until they are weaned. The symptoms are, rubbing the nose and grinding the teeth.

When a child complains of a gnawing in its stomach, and at the same time has its appetite irregular, its breath foul, its belly swelled and hard, and its complexion pale, with an itching and dryness in the nose, worms may be suspected :—sometimes, however, they exist independently of any

of these symptoms, or without producing any injurious effects.

The bowels of infants and children are lined with a quantity of mucus, or slimy substance, in which worms of different kinds live and generate: this is particularly the case with delicate children, whose powers of digestion are generally weak. This slimy matter defends the worms from the immediate action of medicine, and renders it sometimes difficult to expel or destroy them.

The method of destroying worms may be, either by dislodging and killing them, and forcing them away, with the slime; or, by increasing the powers of digestion, to overcome their living principle; when they fall into the common mass of digestive matter, and pass away with it. With the intention of dislodging them, it is necessary to employ very active purgatives, as jalap

and calomel; and afterwards some worm medicine, as cowage, powdered tin, or preparations of iron, should be used to destroy them. Bitter, as the *compound decoction of aloes* of the London Pharmacopeia, are noxious to worms, and at the same time increase the powers of the stomach and bowels in digesting them. The male fern root, dried and powdered, has been recommended, and will undoubtedly destroy the tape worm, in adults; but it is difficult, if not impossible, to force a child to swallow a quantity sufficient to have the desired effect.

The Ascarides, or Maw-Worms, are found in the lower intestines, and produce great itching. They may be dislodged by strong purgatives, and afterwards washed away by the following injection. Boil half a drachm of aloes in half a pint of new milk for five minutes, then strain and divide into

two equal parts, one to be administered with a table-spoonful of olive, or castor oil, after the operation of the purgative.

Ching's Lozenges, which are supposed to contain calomel and extract of jalap, are active and useful, but should not be too indiscriminately employed.

For the destruction of that species of worm, called *Tænea*, or Tape-Worm, the oil of turpentine has been found the most effectual remedy.

WORM FEVER.

It is doubtful whether fever ever arises directly from the irritation of worms. DR. HUNTER was of opinion that the fever supposed to be Worm Fever, was produced by a different cause; as on the dissection of several children who died of this fever, no

worms were discovered. He, therefore, attributed it to the use of food of difficult digestion ; as pastry, sweet-meats, &c. I have met frequent instances of this, in which the progress of fever was rapid, the pulse quick, the heat of the body considerable, the belly hard, full, and painful ; the sleep disturbed, occasional delirium, and convulsions ; all of which were, however, relieved by copious discharges from the stomach and bowels. It appears to me, therefore, that the common *fever of indigestion* is often attributed to worms, where, in fact, there are no just grounds for such a conclusion.

Worms, however, may exist, and often do, when children are affected in the manner just described. These may be swept away in the evacuations ; but the expulsion of worms, though

demonstrable proof of their existence, is none, however, of their being the cause of the fever.

Worms are destroyed by every kind of fever ; it renders their situation uncomfortable ; when they frequently come away, and are found in the beds of children.

It is, therefore, of importance not only that we ascertain their existence, but that we detect them, as the immediate agents of mischief. Parents are, therefore, recommended to be cautious in the application of irritating medicines, which more or less weaken the action of the stomach and bowels, and destroy their tone ; and thus cause the most distressing relaxation, or lay the foundation of a weak stomach, or valedudinarian habits.

CHOLERA MORBUS, DIARRHŒA,
AND DYSENTERY.

The vomiting and purgings of infants and children are, for the most part, brought on by overloading the stomach with food ; by the irritation of worms ; by teething ; or by injudiciously repelling cutaneous eruptions. They may, therefore, be considered what are technically called, *secondary* complaints. They sometimes arise from the application of cold to the surface of the body, which throwing the circulation of blood suddenly upon the liver and alimentary canal, occasion a greater secretion of bile, or an accelerated peristaltic motion of the intestines, or perhaps both. Unripe fruits are not unfrequently the cause of bowel complaints ; and as children have in general a wish to eat them,

some caution is necessary to prevent this source of disease :—the more so, as they are generally disposed to conceal the fact, and deceive the mother or physician, as to the source of their indisposition. The same caution should also be used by the nurse, in using sour fruits or acid drinks.

It has already been observed, that infants are liable to be affected by any exacerbation, or paroxysm of the mental affections, on the part of the nurse. The functions of the bowels of infants are also susceptible of derangement by such circumstances. It is here only necessary to repeat, the value of caution in the selection of a nurse, and the importance of a patient or forbearing temper—so useful an accompaniment in domestic life ; but, above all, so eminently essential in the care of children ; who, from the very redundancy of health and animal spirits, are a

never-ending source of vexation and anger to the impatient or irritable nurse or mother.

When the bowels of a child are affected by any dysenteric symptom, or purging, arising from any of these causes, a dose of rhubarb, or castor oil, should be given. This will generally check the complaint; but should it prove of an obstinate nature, and blood appear in the discharge, a drop or two of laudanum may be given once in twelve hours, in a little cinnamon water, or chalk mixture, and the child put into a warm bath. Should its body come down, which is sometimes the case, if the complaint has been of long standing; previously to its being forced back, it should be bathed, every time it appears, with a little warm new milk (about a wine-glassful) in which a tea-spoonful of laudanum has been mixed. This, in most cases, will cure

both complaints. Farther than this, it will not be possible to give any general instructions, as in confirmed or aggravated cases, the medical practitioner must be the only guide.

The diet should consist of more animal than vegetable food ; and rice should be boiled in either milk or broth, for the child's common drink. Sago and arrow-root, with a small quantity of port wine, and sweetened with lump sugar, may occasionally be given. If the infant be on the breast, the nurse should abstain from vegetables and porter ; instead of which she may take gruel and wine-whey.

THE JAUNDICE.

Infants shortly after birth are sometimes affected with a yellowness of the skin, arising from a mixing of the bile with the blood, in consequence of

some obstruction in the gall ducts. This obstruction is generally occasioned by accumulations in the bowels, which press upon the vessels of the liver.

The jaundice is sometimes brought on in children by sea-bathing*, which by throwing the blood suddenly from the surface of the body, upon the liver, often produces spasmodic contractions of the gall vessels, thereby preventing the free discharge of bile into the bowels. This is indicated by the light clay colour evacuations which always accompany an obstruction, or deficiency of bile, a circumstance which rarely occurs in infancy or childhood,

* An instance of this came within my knowledge while the 2nd edition of this little work was in the press. It was the only child of a gentleman of large fortune, and terminated (by translation) in water on the brain.

when there is usually rather a redundancy, than any deficiency, in the secretion of this fluid.

As the jaundice seldom arises in those early periods of life, from any organic affection of the liver, it is generally cured by a few doses of jalap and calomel ; warm bathing, and moderate but frequent exercise. Injections of a solution of soap may be administered with advantage. A teaspoonful of the compound decoction of aloes given once or twice a day, diluted with a little water, for a child of from two to four years of age, will promote digestion, and is the best substitute for bile, where there is any deficiency of that fluid. It is directed by the London College of Physicians to be prepared in the following manner :—

Take of extract of liquorice, half an

ounce, subcarbonate of potash, (*i. e.* salt of tartar,) two scruples ; extract of spiked aloes powdered, myrrh powdered, and saffron, of each one drachm ; water, a pint ; boil down to twelve ounces, and strain ; then add (while warm) four ounces of tincture of cardamoms.

The formula of this medicine which was called *Baume de Vie*, was communicated to me in the year 1797, by Mr. HYNAM, an eminent surgeon and practitioner of midwifery in London, being some years before it appeared in the London Pharmacopœia. I have since that period, been in the habit of constantly prescribing it in cases of a *deficiency of bile*, with the best effects. It appears to regulate and promote the various functions of the alimentary canal ; excites the peristaltic action of the intestines, prevents the accumula-

tion of mucus, with which the stomach and bowels of children are often loaded, (see worms,) and neutralizes any disengaged acid in the stomach or intestines.

CHAP. VIII.

DISEASES OF THE GLANDS.

THE MUMPS.

THE glands of infants and children appear to possess a higher degree of irritability, and are consequently more susceptible of inflammation, than the glands of adults; but the inflammation in general is easily subdued, and unless from neglect or mismanagement, is of little importance.

The mumps is a swelling or inflammation of the glands, immediately situated under the ears, which are called *parotid* glands, from a Greek word, signifying *about the ear*. It is generally but a slight disorder, though contagious, and often epidemic. In

some instances, however, the skin becomes inflamed, and the swelling behind the ears gradually extends to the neck and throat. It sometimes, though seldom, suppurates, and always heals well.

This disease commences generally with slight symptoms of fever, as a quick pulse and loaded tongue. The child complains of pain in the neck, and soreness in the throat; the tumour increases during three or four days, and then gradually declines.

During the first stage of feverish paroxysm, the child should be confined to the house and kept warm; its bowels kept open by some gentle medicine, and the following liniment applied to the tumour. Of oil of turpentine, spirits of hartshorn, and olive oil, take equal parts; mix and apply a little of it night and morning.

If after this treatment, the feverish

symptoms continue, a dose of James's powders should be given at bed time every night, and the opening medicine in the morning. After the swelling has thoroughly subsided, two or three doses of jalap and calomel will be necessary.

Should the tumour, however, suppurate ; as soon as it points, it should be opened with a lancet, to prevent the matter diffusing itself through the cellular membrane, and thereby forming an extended abscess. The sore should be simply dressed with spermaceti ointment morning and evening. Should any tumour or hardness remain after the healing of the sore, it should be rubbed with some of the liniment. After this stage of the complaint, more active purgatives will be required than were necessary after the former simple form. During both stages, however, care should be taken to guard against

cold, as the mumps have sometimes been transferred to other parts of the body, when the consequences may be more productive of inconvenience or even danger ; and the delays or difficulty in effecting a cure, may be considerably increased.

SCROFULA.

Infants and children are sometimes affected with glandular swellings in the neck and various parts of the body, which suppurate, and becomes tedious and difficult in healing. Upon investigation, it will be generally found that inattention, want of exercise, bad diet, thin clothing and impure air, are the remote causes ; in fact, there are few children that may not, from neglect or mismanagement in these important points, be affected more or less with those tumours. Hereditary pre-dispo-

sition to scrofula, in some, is said to exist; and it has been observed, that children who have very smooth skins, florid complexions, thick upper lips, the tonsils of the throat enlarged, &c. have a tendency to this complaint. The result of my observation and experience, however, is, that scrofula is not exclusively confined to children who are thus distinguished, nor are those children peculiarly liable to the complaint, who are thus marked. Some of these appearances, indeed, particularly the thick upper lip and florid complexion, have been known to arise from worms, and other causes.

This disease is almost peculiar to the growing state: there is, however, a period when it disappears, and which is usually the case when the powers of digestion are strengthened, and the constitution established. Whatever remedy is taken at this time, often obtains

the credit of the cure, when in point of fact it was the mere result of the harmony which then prevailed throughout the animal economy, and the vigorous action of its several functions. Thus it was supposed to have been cured by the royal touch of EDWARD THE CONFESSOR, and of other kings of England and France; and hence the disease obtained the name of the KING'S EVIL. In like manner a variety of other applications and remedies have been supposed to be efficacious; such as the blood of lizards; distilled toads; burnt corks; calcined cloth, and which should be of a scarlet colour. These, without doubt, are harmless applications; and, absurd as they must appear in the eyes of reason or common sense, are still held in estimation by the credulous and superstitious disciples of charms and incantations. In a similar way, namely, by their

exhibition at those critical periods, when Nature was working her own cure, several of the most active vegetable and mineral poisons have also obtained credit, and continue to be recommended, even by respectable practitioners; such as hemlock, henbane, foxglove, and other herbs; iron, copper, arsenic, and other minerals. Opposed, however, as I am to such authorities, I have never ventured, in a very extended acquaintance with the disease, to recommend any of these powerful remedies; uniformly finding the simple mode of cure which I shall point out, to answer all my expectations, and to be attended with the most beneficial results.

As this disease in general arises from indigestion, want of exercise, impure air, and thin clothing, in damp and moist situations, it must be obvious that a strict attention to regimen,

change of air, warm clothing, and exercise, will in a great measure effectuate the cure. With due attention to these points, and the use of the following powders, the strongest assurances may be given that no other internal remedies will be required. Take of prepared chalk, two drachms ; of powdered rhubarb, two scruples ; of calomel, one scruple ; of James's powders, ten grains. Mix, and divide into twenty equal parts ;—one to be given every night. For children of from two to three years old, the dose may be regulated according to their age and strength. To children under that age, half a paper will be sufficient ; and for those above it, a paper and a half, or two papers may be given ; to be increased or diminished according to the effect they may produce.

SEA BATHING has also been recommended, and has not unfrequently re-

ceived the credit of a cure ; which was entirely attributable to the change of air and exercise. Its utility in this disease is extremely doubtful. In *many* instances I have known it to be attended with the most dangerous and destructive consequences ; and Mr. CAR-MICHAEL concurs with me in opinion, in his very ingenious Treatise on Scrofula. He observes, and with great truth, “ that the indiscriminate use of *cold-bathing in this disease, destroys, in a single year, the lives of many more than it could relieve in a century.*” The same writer states a fact of considerable importance, “ that there is no part of the empire in which scrofula is more general than in Dublin ; and yet the inhabitants, but particularly the children*, even of those of the

* On this part of the subject I may be excused in quoting a passage from my own Treatise on

lowest class, enjoy the advantages every summer of sea-bathing.”

Bathing*. “ I have seen five thousand children, and upwards, of a day, march through the streets of Dublin, from the House of Industry, and the different charter and parochial schools, to the sea-side ; and *all, indiscriminately*, immersed, without any regard whatsoever to peculiarity of constitution. I have observed many of these unfortunate little ones, who are thus daily forced into the sea, return to their respective institutions, pale and shivering, with their little features contracted, their lips blue, and their bodies debilitated. Such, however, is the *mania* for cold-bathing in this city, from its contiguity to the sea, that little or no attention is paid to their habitual complaints, or to their constitutions.— *All* are advised to avail themselves of this *universal panacea*: and when any bad effects are immediately observed to arise from bathing, they are attributed to the circumstance of having been too warm at the time of immersion ; or to the neglect of due preparation, by the use of medicine, which is considered as an *infallible security* against all danger.

* Page 57, fifth edition.

From my own knowledge and experience, then, of the injurious effects of sea-bathing in infancy and childhood, I discard its use altogether in this disease.

CHAP. IX.

DISEASES OF THE BONES.

HIP-JOINT DISEASE AND WHITE SWELLING.

SCROFULA sometimes attacks the bones, particularly at the articulations of the joints, and its most formidable state is when it affects the hip and knee-joints. These attacks generally arise from external injury, from falls, blows, &c. and may become of a scrofulous nature, although no hereditary taint or predisposition may have existed in the system.

Should a swelling, inflammation, and pain be complained of in any of the joints, particularly after a fall or blow, the part affected should be immediately

covered with leeches, and fomented, for half an hour, twice a day, with warm salt water.* After such fomentation, some of the liniment (see page 151) should be applied, and the part wrapped up in warm flannel. These applications, if timely used, may prevent white swellings in the knees, diseases of the hip and other joints. In every other respect (the use of exercise excepted), should the disease be of long standing, children are to be treated as in the case of glandular swellings.

THE RICKETS.

This disease is said to have made its first appearance in England about the

* Salt water may be made, where sea-water cannot be had, by dissolving a quarter of a pound of bay-salt in a gallon of water. This will answer all the purposes of sea-water.

middle of the seventeenth century, and was called the **ENGLISH DISEASE**. It is, however, of much greater antiquity, and is more prevalent in Holland and other low countries than in the British empire. It is peculiar to infants and children, from the age of six months to two or three years; and if not cured before the fifth or sixth year, the body continues weakly and deformed.

The principal seat of the rickets is in the bones, which become soft, and deficient in the matter which gives them solidity, or in a faulty state of the process of ossification.

This disease is indicated by an enlargement of the belly, head, and joints; the swelling first commences in the wrists and ankles, extends to the knees and elbows; subsequently the bones throughout the frame are enlarged, and lose their consistence and solidity.—The teeth come forward slowly, soon

decay, and fall out. If the infant be put upon its limbs before it is cured, the legs bend and become crooked, from their softness and flexibility. The spine, also, with the ribs and breast-bone, become distorted, and the action of the lungs and heart considerably impeded.

The remote causes of this disease are bad nursing, bad food, together with other causes of debility. Mothers should be cautious of putting *female* infants too soon on their legs, particularly if there be the slightest appearance of rickets or scrofula in the system; as it never fails of producing a deformity or contraction in the *pelvis*, and is in general the cause of those tedious and difficult *labours* which shake the constitution, and are the cause of so many distressing circumstances attending parturition in after-life.

As weakness in the digestive organs generally, if not always, precedes the softening of the bones, the first step towards a cure, is strengthening the powers of digestion. To do this effectually, the stomach should be cleansed of mucus or slimy matter, which might impede the absorption of nourishment from the food. This may be done by giving a tea-spoonful of ipecacuanha wine, or a couple of grains of the powder every ten minutes, until it excites vomiting.

The diet should be nutritious, and chiefly composed of animal food; and if the child cannot chew solid meat, calves' feet or trotter jelly, the juice of roasted beef, asses' milk, &c. should be substituted.

It has been much the custom, hitherto, to recommend the cold-bath as a cure for the rickets. This practice does not

appear justified by modern experience, or a correct view of the probable causes of this complaint. The cold-bath was indeed introduced before medical men had sufficiently turned their attention to this disease. It is more consonant to the process of nature, and to the promoting those secretions which are evidently deficient, that the child should be bathed every day in a warm or tepid salt-water bath, and regularly exercised in the open air when the weather permits.

The following powders have effected many cures, and in a much shorter period than any other formula of medicine that I am acquainted with. Take of prepared chalk, one drachm; of powdered rhubarb, one scruple; of calomel, six grains. Mix and divide into twelve equal parts. Half a paper may be given every night to an infant

of from six to twelve months old, and a whole paper to a child of from two to four years old.

It is scarcely necessary here to observe, that, in most instances, a proper attention to nursing and management is the first of all requisites, and more likely to act as a salutary alterative than the direct aid of medicine. This disease being found principally to occur among the poor, living in unhealthy damp situations and ill-ventilated apartments, and where exercise and habits of cleanliness are unattended to, will sufficiently point out the circumstances which particularly demand attention; and by a due observation of which, much of the mischief of this disease may be removed, if not altogether prevented.

THE SPINA BIFIDA,
or Cloven Spine.

This is a tumour which sometimes appears upon the vertebræ of the neck of new-born infants, but most commonly on the back, a little above the loins. The swelling appears to be a part of the lining of the spinal canal, which protrudes itself through a fissure in some of the vertebræ. In some cases, almost the entire spine is imperfect; in others, the opening is confined to a single joint. The legs of infants and children affected with this complaint are generally in a paralytic state. The disease is said to be incurable. Mr. ABERNETHY, however, proposes the following plan, as likely to be attended with advantage; and nothing, certainly, should be neglected, which can promise the least success in

what are called incurable disorders. With a view of exciting absorption, he recommends that a gentle degree of pressure should be made on the tumour from birth, or as soon as the disease is discovered. Should the pressure, however, have no effect, and the tumour increase, Mr. Abernethy directs a puncture to be made with a lancet; and after the fluid is discharged, which is in general a clear fluid, though sometimes turbid or bloody, to endeavour to heal the wound immediately by means of sticking-plaster, and to continue the pressure by bandage, and such topical applications as appear best adapted to the purpose. Under such distressing circumstances as this disease presents, we must trust to the best skill of the practitioner in aid of the curative process of Nature, which ultimately may effect a cure.

A tumour, of nearly the same nature with the cloven spine, is sometimes met with on the head of new-born infants, which is forced out through some unossified part of the skull. It is only necessary to add, that this tumour is to be treated nearly in the same manner as the tumour on the back.

CHAP. X.

DISEASES OF THE NERVES.

ST. VITUS'S DANCE.

ST. VITUS'S DANCE is so seldom met with in boys, that it has commonly been considered as a complaint peculiar to females. Girls, of relaxed and delicate habits, are the most liable to its attacks ; it is therefore supposed to be a disease arising from debility, though attended with strong nervous irritation. It is peculiar to the growing state, yet scarcely ever affects children before the age of nine or ten years ; and usually disappears at a period when the powers of digestion are increased, and the constitution becomes established.

This disease is seldom attended with danger ; however, from neglect or mismanagement, it may be transferred to the brain, and terminate in epilepsy. A variety of drugs have been supposed to cure this complaint, from the accidental circumstance of their having been administered at the time when the natural strength of the constitution overcame its influence. In this way Mosaic gold, powdered tin, rust of iron, salt of steel, Peruvian bark, Colombo root, and assafoetida ; sea-bathing, the cold and shower baths, in their turn, obtained the credit of a cure—and when, in fact, these various remedies retarded the recovery, or even aggravated the disease. To DR. HAMILTON, of Edinburgh, we are indebted for that more simple and efficacious mode of cure by purgatives.

In this disease the appetite is in general irregular, the bowels are consti-

pated, and the system relaxed. The process of cure, therefore, must be to strengthen the powers of digestion, and brace the nervous system. The following treatment has been found to produce this effect, in a very short space of time. To four ounces of the compound decoction of aloes, (see page 147) add four ounces of peppermint water and half an ounce of Epsom salts. Give a table-spoonful of this mixture every night and morning, and put the patient into a warm bath every second day. It will be necessary to give a dose of jalap and calomel, (five grains of the latter to ten of the former) a day or two before the exhibition of this medicine. Calcined zinc has been found in some instances to produce a favourable termination of this complaint.

The diet should be light and nourishing, and the exercise moderate and regular.

CONCLUSION.

IN this little treatise I have given as concise and comprehensive a view as the nature of the case and the limits of the work would permit, of the various diseases peculiar to infancy and childhood. I have endeavoured to communicate the results of considerable experience and observation in an unadorned and familiar manner, with a view of producing an useful compendium for mothers, and as much divested of technical, or scientific language, as the nature of the subject would admit. I have avoided that unnecessary detail of symptoms, which in general is more productive of confusion and uncertainty, than conducive to a distinct apprehension of the source and cha-

racter of the disease. On the due appreciation of the early and leading symptoms, depend, in the majority of cases, the success of our applications, and the certainty, if not of removing the complaint, at least of alleviating its symptoms, and preventing its subsequent and dangerous exacerbations.

It will be seen that, throughout these pages, I have urged the paramount necessity of personal cleanliness in children, as the first and greatest preventive of disease. In furtherance of this, I have endeavoured to inforce the importance of tepid and warm ablution, in opposition to the mistaken and dangerous practice of cold and sea-bathing. The former being congenial to nature, promotes the various functions of the body, and assists the great work of circulation, digestion, and perspiration. Cold bathing, on the other hand, being a repellent, is wholly adverse to that

gentleness and uniformity of action, so visible in every part of the animal economy. I have also endeavoured to impress on my readers this truth, that a recourse to medicine, in proportion as it is repugnant to the operations of nature, so will its influence be the more destructive to the tender frame and constitution of children ; and, I would finally urge this unerring maxim, that, as the great sources of disease in children are neglect, mismanagement, or accident ; so may we be sure that caution is superior to skill, and prevention better than cure.

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